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Men's Health

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SPECIAL REPORT
**TOUR DE
FORCE**

Meet The Ukrainian Cyclists
Racing For Their Lives p138

PACK ON 33% MORE MUSCLE p66

EAT YOURSELF HAPPIER!

HOW TO BURN 180 KCAL IN LESS THAN 5 MINS

THE NEW DIET THAT KILLS CANCER p59

WEIGHT-LOSS

THE BURNING TRUTH ABOUT FAT-LOSS PILLS

MONEY

RICH TIPS FROM THE FIT KIDS OF INSTAGRAM

NUTRITION

MICROWAVE RECIPES FOR MACRO GAINS!

1 PILL FOR IRONMAN STAMINA

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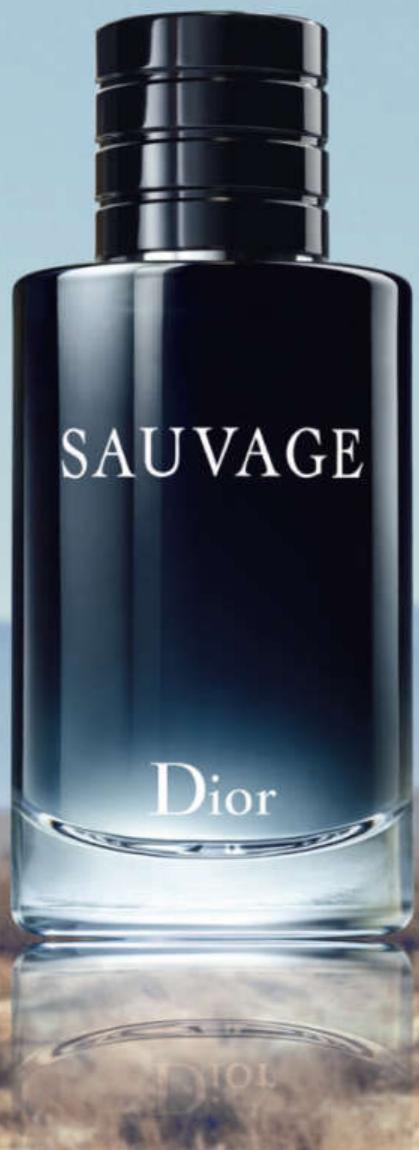
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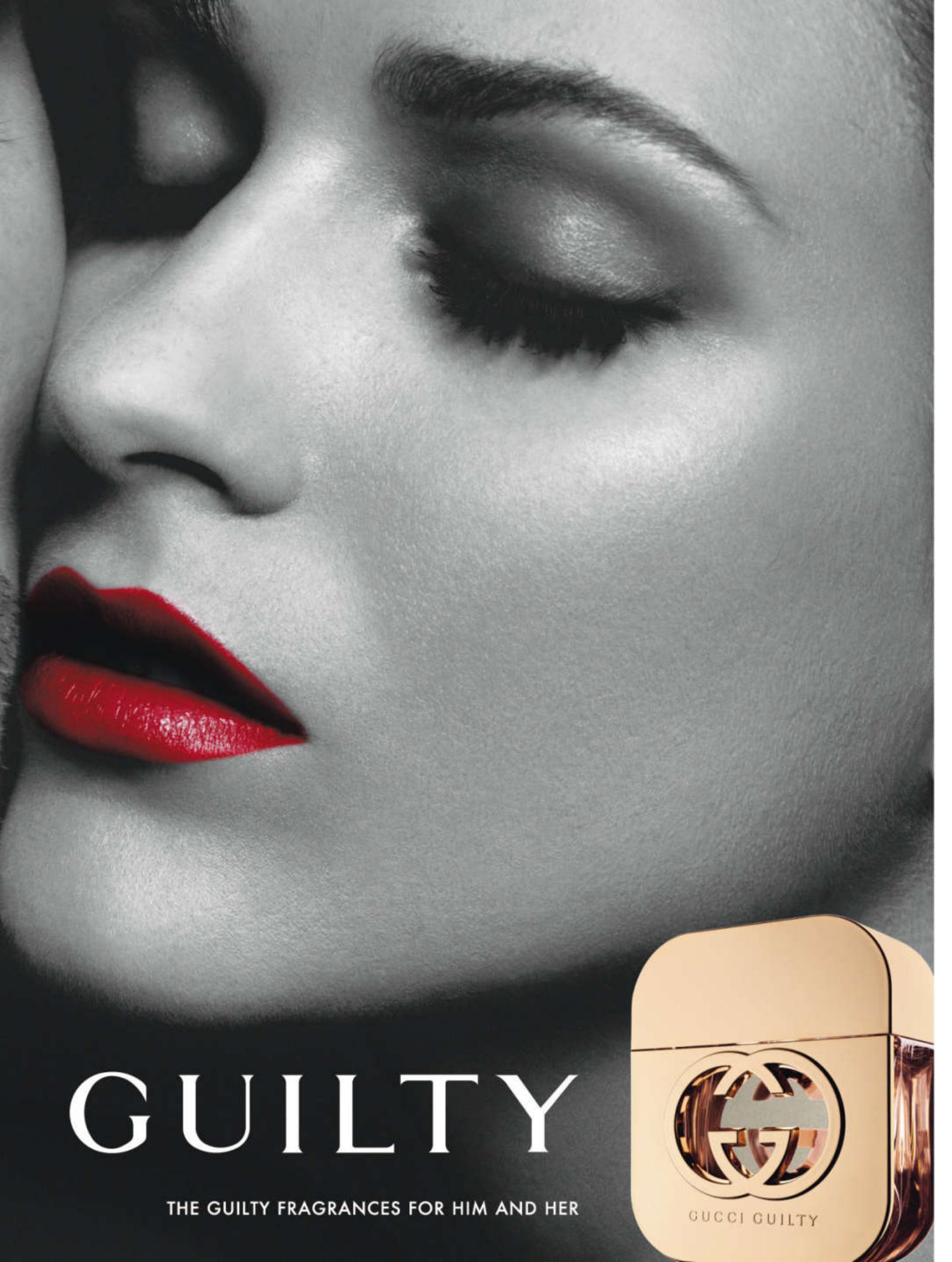
CHANEL



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THE GUILTY FRAGRANCES FOR HIM AND HER





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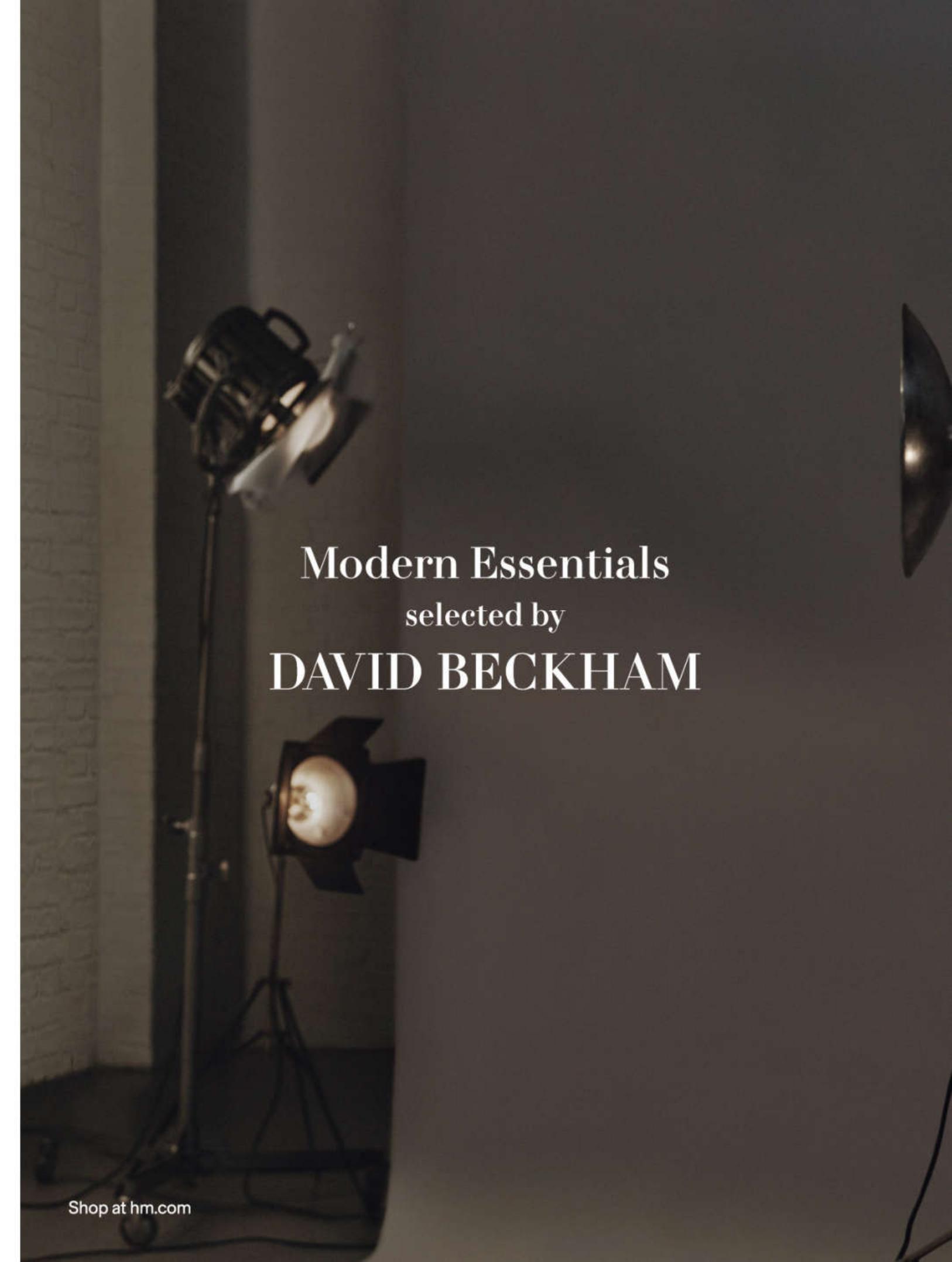


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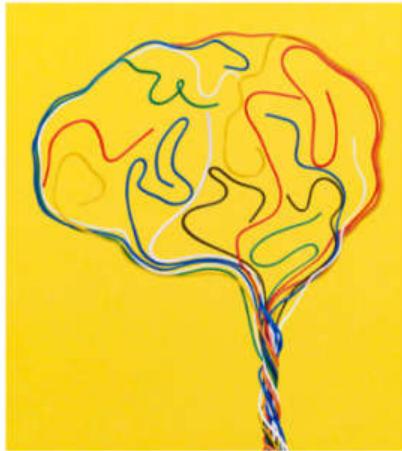
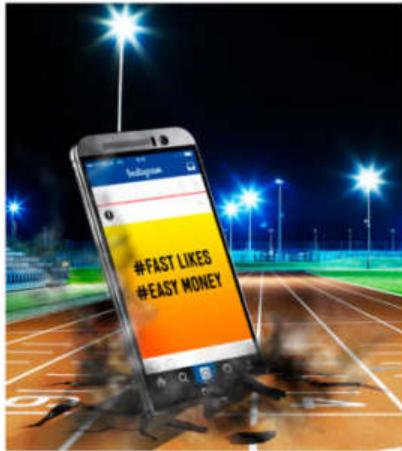
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AN ICON JUST GOT LARGER

THE NAVITIMER 46 mm



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PHOTOGRAPHY PATRIK GIARDINO
GROOMING ASIA GEIGER AT
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STYLIST VANESSA GELDBACH AT
EXCLUSIVE ARTISTS MANAGEMENT

MH reclaims the spiralizer & puts a masculine twist on food worth sharing on p118

THE FOOD TREND
GETS AN MH SPIN





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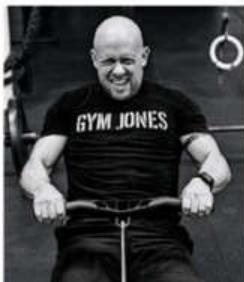
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MH

THE EXPERT PANEL

AS THE DAYS GROW SHORTER, LET THIS MONTH'S ROSTER OF SPECIALISTS HELP YOU TO MAKE EVERY SECOND MATTER



CALL FOR HELP

PROFESSOR TOM CHEN

Addicted to your iPhone? Chen, City Uni's specialist in cyber security, says it's time to ring the changes. Break from your cell on p87

GAIN THROUGH PAIN

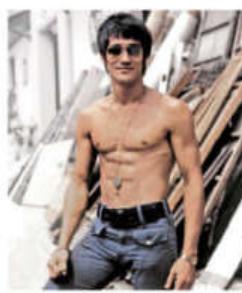
ROB MACDONALD

The head trainer of Gym Jones – where Superman and Leonidas were built – tells you how to dig deeper and pass your limits p66

TRY A CRASH DIET

DR MATTHEW CAPEHORN

Drop weight quickly and keep it off with a fast-track course in fat loss from the National Obesity Forum's clinical director p40



BE A KUNG-FU KING

SHANNON LEE

Lee, a professional martial artist and the daughter of Bruce, talks us through the secret to her father's enduring appeal p113

START STRONGER

DYLAN JONES

Revitalise your morning routine. Leading PT Jones shares three tricks to prime your body for weightloss before you leave home p60

RAISE THE DEAD

ARUN SINGH

Singh thinks it's time to switch hipster workouts for old-school lifts. He should know; he's training athletes for Rio 2016 p124

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4 ELITE BODY COACHES

3 REGISTERED DIETITIANS

3 PSYCHOLOGISTS

3 MARTIAL ARTISTS

3 MENTAL HEALTH SPECIALISTS

1 POWERLIFTER

1 CYBER SECURITY EXPERT

AND 1 UKRAINIAN CYCLING CHAMP

TOTAL

63 EXPERTS




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EDITOR'S LETTER

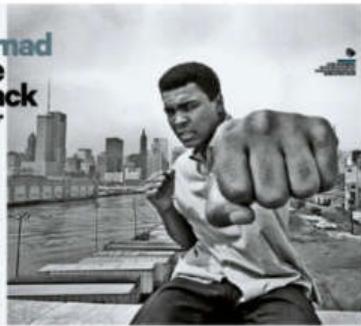
WHO ARE THE MEN THAT HAVE INSPIRED YOU MOST?

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Georges St Pierre: the man who lent dignity to the UFC's brutality



Muhammad Ali The Comeback King—



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A long-term associate reflects on the self-proclaimed "double greatest", equal parts enigmatic and charismatic

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MH's esteemed icons of the silver screen include the enduringly cool Steve McQueen and original action hero Bruce Lee



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Before the term '6-pack' ever entered gym-bro vernacular, Pitt built a body every man (and woman) wanted



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We spoke to Beckham's first coach to analyse the boy, the man and – above all – the athlete

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Why Iggy Pop and Michael Jordan are still cultural touchpoints in 2015

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Men's Health
ICONS

A SHEEP IN WOLF'S CLOTHING: THE NICEST BAD GUY IN HOLLYWOOD



We all have a hero of our own – an ordinary man transformed by either extraordinary ability or circumstance to capture our attention. They can be the big guns: the first name on the team sheet or the one in the top left corner of a movie poster. Elsewhere they can be a little more cultish: the flaky midfielder who randomly produces two minutes of magic, the cameo actor who steals the show from the star, the band that splits up early but whose influence proves more pervasive than any stadium filler. Mine just happens to be my dad, and his description fits none of the above.

But beyond heroes, there are icons. Men who go out to make the mould, or sometimes just to break it. They are the originators and innovators, the poster boys who never quite go out of fashion. On p101, we have gathered a group of icons past and present who especially resonate with us here at Men's Health.

With the help of a few friends, we make a case for why they are the real special ones. We have Shannon Lee remembering her father, Bruce, and the preternatural mindset behind a remarkable career and legacy. Renowned boxing photographer Chris Smith describes his 30-year relationship with Muhammad Ali with some stunning insights into the mentality of the Greatest. Meanwhile, Eric Harrison, famed coach to the Class Of '92, reflects on the potential he saw in a scrawny young player named David Beckham.

Then there's our cover star, Hugh Jackman, a man who has built, and more impressively retained, both the ultimate action hero physique and the honorific of nicest guy in Hollywood. Looking after yourself and the people around you, and never letting either side down: we can think of no better path through life.

TOBY WISEMAN
BSME EDITOR OF THE YEAR

RAFAEL NADAL
#TOMMYXNADAL

TOMMY HILFIGER
UNDERWEAR

TOMMY HILFIGER

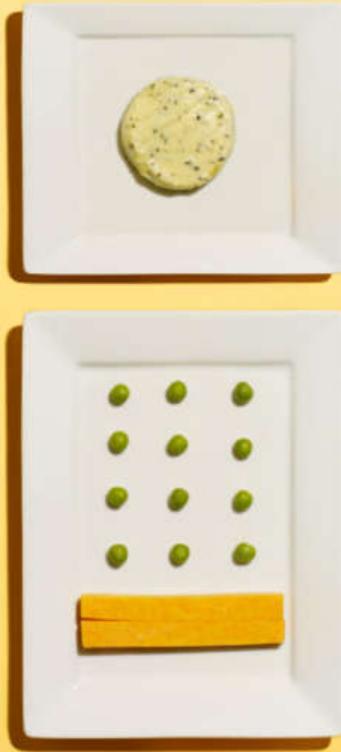
WATCHING YOUR
MACROS? THEN
YOU'D BETTER
GO MICRO

ASK MH

RAPID ANSWERS TO LIFE'S RED HOT QUESTIONS



THE BIG
QUESTION



Q

IS MICROWAVING MY DINNER A NUTRITIONAL FAUX PAS?

SAM, BRIGHTON

Much like the Poll Tax, sunbeds and those wristwatch calculators, the microwave is an '80s invention that has developed a less than enviable reputation. Whether it's the sight of early adopters attempting to 'roast' entire chickens in them, or the subsequent scare stories about radioactive ready meals, the commis chef that goes ping has long been regarded as the enemy of both nutritional and gourmet virtue. But while nuking your dinner

can sometimes create an unpalatable flavour vacuum, the microwave in your work kitchen isn't necessarily the dietary succubus it's made out to be. **Harvard Medical School notes that microwaving for a short period of time, using a little water (so you're effectively speed-steaming), will retain more nutrients in your vegetables.** Moreover, the American Chemical Association recommends zapping frozen veg for the biggest benefits. It's as if laziness begets healthiness. Works for us.



NUKE YOUR REPERTOIRE

Veg that reap more from a small dose of radiation

01 BROCCOLI (40-60SEC)

The mini trees withstand nuclear fallout well. Their anti-cancer powers waver in water, but are retained well by the skills of 'chef mic'.

02 CARROTS (30-60SEC)

Vit C may be an immune-boosting main player, but it's on the subs bench when facing hot water. Micro-blasts don't harm this vit.

03 SPINACH (30-60SEC)

Roughly 70% of the folate dissipates when bunged in a pan of hot water. In the microwave? You guessed it. Start them spinning.

ASK MH

TAKE THE WEIGHT OFF YOUR MIND AND PUT IT ON YOUR BAR



Q MY GIRLFRIEND SAYS MY WORKAHOLIC TENDENCIES WILL BE THE DEATH OF ME. IS SHE RIGHT TO BE WORRIED?

TIM, MILTON KEYNES

Her intuition is worth heeding – up to a point. Ask any statistician and they'll tell you the leading causes of male deaths make for a macabre chart. Only just recently a *Lancet* report that linked long hours with increased stroke risk made national headlines. But don't start picking your funeral music just yet. You see, it's not necessarily your career that will kill you. In fact, a demanding job can protect your mental health as you age, so claimed a recent study by the University of Pennsylvania. Meanwhile, research by British scientists found that in white-collar jobs, where more pressure is put on the mind, staffers tend to live longer than blue-collar workers, who exercise more. The academics concluded that autonomy – control over one's finances, for instance – prolongs lifespan.

The real killer here is stress. And if you're strung out to within an inch of your tolerance, a change of career is perhaps on the cards. But the fact that you're talking to your partner means you're already on the right track: one of the reasons women outlive men, whatever their career, is their superior ability to successfully identify and communicate stress. So, keep talking. And relax.

Q IS FOOD ADDICTION A REAL THING?

PAUL, HULL

We've all experienced that insatiable, gluttonous sensation when you realise you're eating for its own sake and are powerless against the greed impulse. But calling it addiction might be a step too far, says Dr John Menzies of Edinburgh University's Centre for Integrative Physiology: "Some people do have an addictive-like

AMI NORMAL?

FASTER 10K TIMES ARE MADE IN THE GYM, NOT ON THE ROAD

Q

MY NEW RUNNING REGIME IS MAKING ME FITTER, BUT I'M ALSO GETTING SLOWER. WHY IS THIS?

BOB, HACKNEY

Yours is a paradoxical quandary, but it's not that unusual. The truth behind the mystery is probably a lack of balance. Runners blinkered by their obsession with the road become blind to the benefits of resistance training. A study in the *Journal of Strength & Conditioning Research* confirmed that traditional strength training can be more effective at increasing your speed than running. And for those who

worry that swapping hill sprints for hamstring curls might mess with their stamina gains, a more recent study at Ruhr University in Germany found that strength training also boosts your endurance. So taking up gym work not only benefits your speed but also keeps your cardio fitness up as much as if you were still running three times a week, say the scientists. Swap a few road days for the gym to make quick progress.

Q IS FOOD ADDICTION A REAL THING?

PAUL, HULL

relationship with particular foods and overeat despite knowing the risks," he says. "But we would do better to think about this as a behavioural addiction, rather than substance-based." However, other studies have shown that foods high in sugar and fat can have a similar effect on humans as cocaine, leading to feelings of withdrawal and craving. So far, so contradictory. Our advice is to try these supps to keep hunger at bay...

JUNK FOOD REHAB

Can't stop bingeing on the bad stuff? Kick those cravings to the curb with three supplements that will keep you ticking over nicely



9AM: BEAT SUGAR CRAVINGS
Hankerings for sugar are often related to a deficiency (and no, we don't mean Haribo). Vitamin B helps.



11AM: BE TOO ALPHA TO BINGE
Overeating can be rooted in unstable blood sugar. Try alpha-lipoic acid supps late morning to keep things level.



5PM: TAKE AN ACID TRIP
L-glutamine is linked to better brain health, balancing out the chemicals that can trigger impulsivity.

LUNA ROSSA SPORT

THE NEW FRAGRANCE FROM PRADA

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Official fuel economy figures for the 911 Carrera S Coupé in mpg (l/100km): urban 23.2 – 28.0 (12.2 – 10.1), extra urban 42.8 – 44.1 (6.6 – 6.4), combined 32.5 – 36.7 (8.7 – 7.7). CO₂ emissions: 199 – 174 g/km. The mpg and CO₂ figures quoted are sourced from official EU-regulated tests, are provided for comparability purposes and may not reflect your actual driving experience.



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TUDOR
WATCH YOUR STYLE

AGENDA



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LIKE A
FIT GIRL
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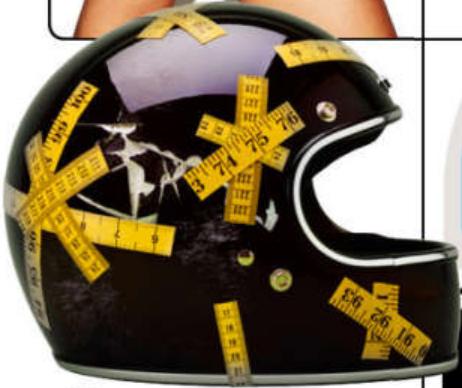
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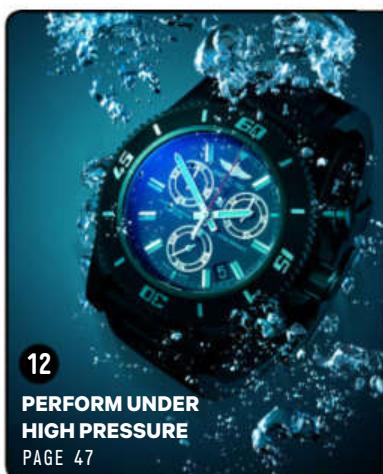
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A

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GENIUS IN
A BOTTLE

02
POP YOUR
GUT

03
POWDERED
SPEED



CHEERS FOR THE MEMORIES

Always know whose round it is and much more besides with Friday night's refreshing answer to brain training

If you suspect that your score on a short-term memory test would be eminently forgettable, allow us to lift your mood. University of Reading scientists have discovered that a little alcohol can boost your recall and brain function. While most of us have experienced the inverse equation between a booze surfeit and brain smarts, a more moderated amount has the opposite effect – provided you stick to the right tipple, that is.

Champagne is a winner, providing compounds that positively impact spatial memory in particular, meaning you can successfully

navigate your way home. More pertinently, a recent study in the *Journal of Neuroscience* discovered that alcohol can help some areas of the brain learn and remember, with a notable effect on habit formation, perhaps explaining why trips to the pub end up repeating on loop. But if you drink your hooch during more positive pursuits – playing the guitar, for instance – it could help you develop healthier habits and a more positive relationship with alcohol. Boring disclaimer: the key to acquiring these brainy benefits is to drink infrequently. So booze smart and drink up.

SUPPLEMENTS NEWSFEED 11.2015

DRUGS TEST

► FAT-BURNING PILLS: ARE THEY HOT OR NOT?

MH rates the weightloss supps that will make your waistline go boom, but won't make your budget go bust



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Burnout	●●●●●
Value	●●●●●



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Power	●●●●●
Burnout	●●●●●
Value	●●●●●



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Power	●●●●●
Burnout	●●●●●
Value	●●●●●

► #4 CYSTEINE

If your workouts need a shot in the, um, legs, get cysteine in your system

A study by the University of Exeter recently showed that this amino acid improved the speed of some athletes. That it also boosts your liver's ability to oust alcohol means fewer hangovers from faster living, too.

THE BEST
SUPP YOU'RE
NOT TAKING



JIMMY CHOO MAN



KIT HARINGTON FOR THE FIRST MEN'S FRAGRANCE

real watches **for** real people



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Patented non-linear power reserve indication

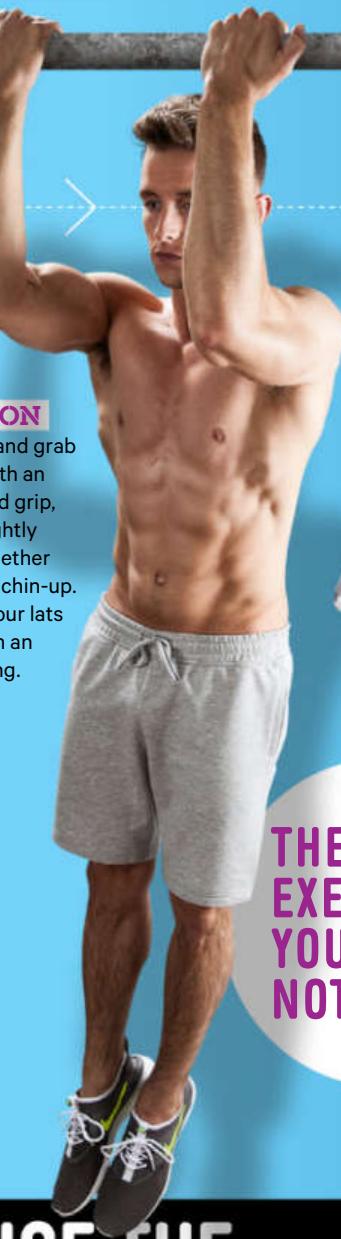
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THE BEST EXERCISE YOU'RE NOT DOING

RAISE THE BAR TO GET SHREDDED

Part pull-up, part knee raise and an all-out core bootcamp, the **AB CRUNCH SHREDDER DIP** is guaranteed to give your six-pack goals a serious leg up

**02****PULL UP**

Pull hard with your back and shoulders to travel upward. Imagine moving up and away from the bar, rather than getting your chin over it.

**03****TUCK IN**

As you rise up and out, use your lower abs to tuck your knees into your torso. This will angle your body under the bar as your head just passes it.

04**KICK OUT**

Forcefully extend your legs and let your body lower slightly to form a 45-degree angle from head to toe. Pull up and tuck again to keep the momentum going.

WHAT
YOU'LL
GAIN



A GYMNAST'S V SHAPE



ALL-OVER DEFINITION



ROCK-SOLID ARMS



LEGITIMATELY SHREDDED ABS

Most gym movements have prosaic names that do little more than describe their action: box squats, say, or clap press-ups. But some elite exercises warrant names that describe the results they have on your body – even if they do sound a bit silly. The Ab Crunch Shredder Dip is one such move. By fusing the core stabilisation required to execute strict chin-ups with the abdominal activation of a modified knee raise, as well as the full-body control of a calisthenics move, it merits the nomenclature. What's more, as a cardiovascular challenge, it'll burn more fat than the same time spent on the treadmill. It's not one for the faint of heart, but master even a few reps and consider yourself on the advanced course to a genuinely shredded physique.



01 STRING THEORY

If you pig out on bog-standard sausages every day then it's fair to expect that their processed evils will soon outweigh their porky gains. But by plumping for a superior link come cheat day, you can turn the humble sausage into healthy fuel worthy of any epicure's table.



i BRATWURST

Traditionally a fixture of boisterous beer halls, the pride of Bavaria is a source of choline, which helps you produce brain cells and the feelgood chemical SAM-e.

ii CHORIZO

We're talking the semi-cured, rust-orange links here, not the deli aisle vac-packed slices. The colour is due to paprika, a powerhouse spice that adds vitamins – and taste.



02 MISSING LINKS

A well-done sausage should be exactly that. Whether frying or baking, ensuring the meat is cooked through without burning the casing means optimal flavour and minimal carcinogens. The thermometer should read 71°C or be in the 'well done' zone on meat-specific models (Rösle £22 amara.com). **1** Take your links off the heat a minute early and let them rest for the same time; they'll continue to cook.

When it comes to the cut, the gently serrated blade of a sausage knife (Wustof £63 selfridges.com) **2** won't squash the meat or spoil its shape (they work on tomatoes, too). And always chop on a plastic surface (Guzzini £49 amara.com) **3** – the bacteria in pork are hard to shift, so a dishwashable board will let you concentrate on most important part of cooking sausages: scoffing them. **4**



iii VENISON

Up your game: with more protein, iron and creatine than pork, venison delivers more banger for your buck. The rich flavour holds up particularly well to slow cooking.

iv NDUA

Were there such a thing as a hipster sausage, nduja would be its name. This fiery, Italian pork paste can be added to a variety of dishes for a delicious metabolic hit.



03

THE BIG BANG

A snag dipped in mustard (maybe ketchup, too) is a worthwhile foodie experience in its own right. But with a bit of ingenuity, the sausage can form the high-protein centrepiece for a wide variety of gourmet dishes, all served with a side of health-boosting benefits.

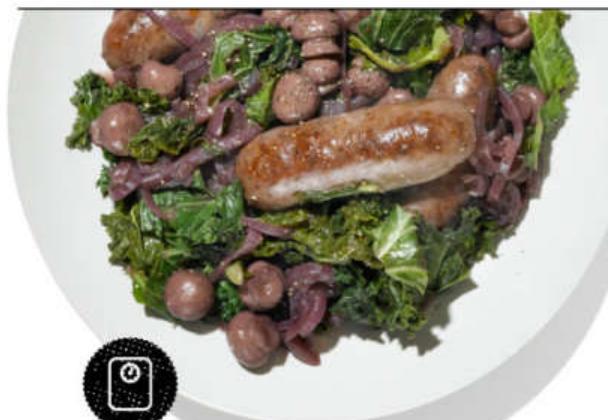
i BRAIN-BOOSTING BRATWURST

INGREDIENTS

- Bratwurst, 2 large
- Sauerkraut, 250g
- Soft, crusty rolls
- Mustard, dollops
- Er, that's it

METHOD

Traditionally, the brat would be grilled on a wood-fired barbecue but you can get the same effect with a medium-hot griddle. Heat the pan dry and then place the sausage perpendicular to the grooves. You want it to char. Slice the roll, stuff it with 'kraut, top with the brat and the mustard.

**iii LEAN GAINS VENISON CASSEROLE**

INGREDIENTS

- Venison sausages, 400g
- Red onion, sliced
- Garlic clove, sliced
- Button mushrooms, 150g
- Red wine, 200ml
- Stock, 200ml
- Redcurrant jelly, 1 tbsp
- English mustard, 1 tsp
- Cornflour, 1 tsp
- Kale, 2 large handfuls

METHOD

Brown the sausages with a glug of olive oil in a casserole pan, then add the onion, garlic and mushrooms. Stir for 5-10 minutes before pouring in the wine, stock, redcurrant jelly and mustard, then season it and leave to simmer for 15 minutes. Add kale to wilt for a final two minutes.

**ii FIX-UP CHORIZO & RECOVERY MASH**

INGREDIENTS

- Minced pork, 400g
- Garlic cloves, 2, chopped
- Smoked paprika, 2 heaped tsp
- Dried chilli flakes, big pinch
- Dried oregano, big pinch
- Dried thyme, big pinch
- Prosciutto, 6 slices
- Microwaveable mash potato (if pressed for time)

METHOD

Mix the mince, garlic, paprika, chilli flakes, oregano and thyme, then season. Roll into six even sausage shapes, then wrap in cling film and leave in the fridge overnight. Then wrap a slice of prosciutto around each and bake for 25 minutes at 180°C. Serve with two big spoons of the mash.

**iv NDUJA POWER PASTA**

INGREDIENTS

- Casarecce pasta, 400g
- Garlic, finely chopped
- Chopped tomatoes in sauce, 400g
- Nduja sausage, 2 heaped tbsp
- Small white onion, chopped
- Butter, a knob
- Lemon juice, a squeeze
- Parsley, a few torn leaves
- Calabrian olives, handful

METHOD

Heat the garlic in a medium to hot pan with a bit of oil until golden, then add the nduja. Reduce heat and give it a few minutes to all combine before adding chopped olives and tomatoes. Simmer for 8-10 minutes. Cook the pasta, drain and mix with the sauce. Finish with olive oil and parsley.

POACH A TOP CHEF'S TRICKS

Heston Blumenthal reckons he has the perfect banger nailed. And it starts with poaching. Follow his scientific method

**GET INTO HOT WATER**

Poach your sausage for 30 minutes first. This ensures it's cooked right through, minus the carcinogenic exterior. It will also retain more moisture for a juicier finish.

**OUT OF THE FRYING PAN**

Drain your banger, dry it, then fry it over a medium heat in a dash of groundnut oil. Peanut oils don't go rancid with heat as quickly as other oil, so they're a healthier bet.

**SIZZLE IN SECONDS**

Three or four minutes is all it should take for the skins to brown – they're already cooked remember – so your exposure to excess saturated fats will be lowered.

THE DEVIL'S
ADVOCATE

CRASH DIETING IS NO BAD THING

Extreme eating plans may be a familiar target of derision, but with care they can help outflank your obesity risk

In weightloss lore, tortoises end up leaner than hares. Crash diets, we're told, are not sustainable in the long term – a juice cleanse or cabbage soup might help you shed the pounds but without tackling the underlying reasons, you pile it back on the minute you go back to solids.

But the lore is an ass. The simple fact is that crash diets – even the ones named for the book-touting 'gurus' who devise them – do work. From Dukan to Atkins via South Beach and Beverly Hills, the majority of rapid fat-loss plans take carbs out of your daily fare to cut your gut with clinically proven success **1**.

I'm not saying that they are particularly pleasant, mind. Our societal reliance upon carbohydrates as an energy source means that cutting them out almost entirely leads you to consume far fewer calories over the course of the day. So you're hungry. Stick with it for a few days, though, and your body will shift into a state called ketosis – burning fat rather than food for energy – which has the handy side-effect of dulling your appetite after a week or so **2**.

That crash diets make this sort of impact is the aim but, staying with physics, the force of that impact dissipates greatly over even a short time period. Diet for more than a few weeks and the effort-to-reward graph plateaus, with your initial rate of weightloss levelling off. More crucially, on returning to your normal way of eating, the results simply don't stick **3**. To capitalise on the benefits of a crash without the bounce back, you need to alter your 'set point'.

SATAN'S LITTLE HELPER
Matthew Capehorn is the clinical director of the National Obesity Forum. He cuts to the bone of fat.



BRACE YOUR
PHYSIQUE FOR A
HEALTHY ACCIDENT

According to the 'set point' theory, your body gets used to the mass it normally functions at and calibrates your metabolism and appetite accordingly to keep you within a small margin of this weight. So you need to exercise if you want to exist at a lower weight long-term.

"The vast majority of rapid fat-loss plans ditch carbs, which cuts your gut with clinically proven success"

While it's unwise to step into the squat rack when you're low-carbing, increasing daily activity – whether that's walking more or a bedroom bodyweight routine – will stop your body eating muscle instead of fat to fuel itself **4**. When you've harvested a diet's weightloss benefits, hitting the gym with equal zeal will see you stay lean for life. So for once, heed the *Daily Mail*'s sidebar of shame and crash away. Or you'll be "flaunting your curves" again by 2016.

THE DEVIL'S DETAILS

1 CURB CARBS

Tulane University School of Public Health found that low-carb dieters lost more over a year than those on a low-fat plan.

2 HANG HUNGER

The ketones released by burning fat, not sugar, increase hunger-fighting hormones. More fibre also aids 'fullness'.

3 MASS APPEAL

Still, a *Lancet* study found 81% of rapid dieters lost over 12.5% body mass compared to 50% on a more gradual plan.

4 WHAT SUPP

Protect your muscles: taking BCAAs pre-workout helps to reduce catabolism, which chews up hard-earned gains.

BVLGARI



BVLGARI
MAN
IN BLACK

HUGH'S WORKOUT WOLFPACK

The men who make up **The Dog Pound**, an early morning crew at an elite New York gym, are not your regular bros. They are Jackman's team

At 5.45am most mornings, an inconspicuous group of men meet at a gym in the Big Apple's West Village to press weights, push their limits and put the world out of their minds. That in itself perhaps does not sound remarkable (albeit somewhat early). But this collective boasts some of the most influential movers and shakers in NY. One of them happens to be this month's cover star. Brought together by Hugh Jackman last year, the 14 men include no less than the president of the New York Stock Exchange, two Olympians and a couple of finance heavyweights. The group call themselves The Dog Pound, start each session with a double espresso shot, then train with rabid zeal before heading off to boss the country. Feel like you're too busy to both manage your career and stay in shape? Wolverine and his friends would like a word.

THE BEST GYMS IN THE WORLD



800+

The number of employees working for David Uyttendaele in his role as chief technical officer and founder of mimeo.com



3 OLYMPICS MEDALS

Matt Targett used to be pretty damn good at swimming. Now he's just strategic partner manager with a little firm called Google



TINY

That's what his friends call him. But you'd better refer to him as Dawin Pena, trainer and president of Kirk Myers Fitness PTs



TWO BEASTS AT PLAY:
WOLVERINE RIPS UP
PENA'S REGIME

\$50B
The total amount that John O'Neil, private equity fund manager, has advised upon in his career to date

19 WINS
The total number of awards, including Emmys and Golden Globes, currently sitting on Hugh's mantelpiece

BEAST
AKA Breylis Pena, Dog Pound trainer, 'director of motivation' and the collective's 'chief smashing officer'

GYM
THE DOG POUND KIRK MYERS FITNESS HQ

LOCATION
600 WASHINGTON ST,
NEW YORK, NY 10014

WEBSITE
KIRKMYERSFITNESS.COM

> TAKE AN AXE TO WORK ANXIETIES

Death metal can give you a fresh lease of life: turn your playlist up to 11 and drown out those workplace woes

Burnout may register high on your GP's hit list at the moment. But there's little chance that stress will speed you up the stairway to heaven this winter – just so long as you soundtrack rough work days with a diabolic din. According to scientists at The University of Queensland, who analysed the stress-busting merits of different genres of music, heavy metal was found to be an auditory panacea for harassed minds. Researchers discovered that intense tracks can help you process anger and even abate sadness. The message is simple: leave meditation playlists to the yogis and rage against the machine. Instead, if your Spotify is lacking in iron, we asked our metal-loving cover star, Hugh Jackman, for his favourite stress-shredding songs. Below are his Desert Island Discs (sort of).



> HUGH'S PLAYLIST

"You need angry metal. I only play Metallica and Godsmack in the gym."



METALLICA
OF WOLF
AND MAN



GODSMACK
CRYIN' LIKE
A BITCH



METALLICA
SEEK AND
DESTROY



GODSMACK
I STAND
ALONE



METALLICA
FADE TO
BLACK

Sleep deprivation increases your risk of accidents at work

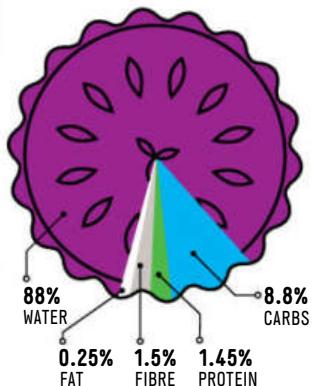
Sleep Medicine Reviews Journal



HEALTH NEWSFEED 11.2015

► THE PUMPKIN PIE CHART

Don't let this super-squash live and die as a creepy art project this October. Here's why pumpkin is a certifiable health treat, no tricks...



SUCK IT UP

Compositionally akin to a massive orange water balloon, pumpkin's sky-high H₂O levels make it one of the most satiating foods on earth. Beats sweet potato any day.

SIGHT SAVER

With more vitamin A than you can shake your specs at, blitzing a pumpkin into a smoothie is like a detox for the eyes: a dose of the vitamin cleans up your retinas.

QUASH ILLS

Being a potent anti-inflammatory, a daily dose of this squash reduces your markers for heart and joint diseases, as well as your cancer and depression risk.

THE
NUMBER

15%

The increased lifespan of mice on low-dose, long-term vitamin E supps compared to regular mice

Molecular Nutrition & Food Research

Russell & Bromley

LONDON



The Burlington hi-shine chelsea
www.russellandbromley.co.uk



Paul Smith
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PAULSMITH.CO.UK



PERFORM
AND
FUNCTION

THRIVE UNDER HIGH PRESSURE

This amphibian show pony is no one-trick seahorse: it's a resilient diver's watch with hidden depths

Consistently stylish and intelligently constructed, Breitling has long been acknowledged as one of the sharpest 'tool watch' manufacturers in the box. For those not fluent in horology, that's the term for timepieces that aren't merely really, really ridiculously good-looking but also do other stuff well too (beyond telling the time). Witness the new Breitling Superocean Chronograph M2000 Black Steel, a deeply handsome model that is the only chronograph – that's Swiss for 'stopwatch' – that can be used at a depth of 2000m. It's all the more impressive when you learn that the keen-minded Swiss solved the problem of water seeping in when you press the buttons by use of a magnetic pushpiece system. The result: a watch that's both attractive and can be used to, say, clock your laps of the gym's pool. Or bide time until your attempt on the world free-diving record, when the luminescent hands and decompression valve will prove even more handy.

£4400 breitling.com

10x
The increased accuracy of
the watch's 'SuperQuartz'
movement compared to
standard offerings*



KNOCK BODY FAT OUT FOR THE COUNT

Australian model Brooklyn Kelly uses a one-two combo of hard fighting in the ring and easy going in the kitchen to burn serious calories. Take on her four-part workout and clean-eating tips to sucker punch your love handles

I only started exercising when I moved into modelling. But finding the motivation to hit the gym for a fat-burning cardio session on my own was always an uphill struggle. Group boxing classes floored all of my excuses. Working with training partners is proven to boost your performance – so why not work out with 20 of them? The group environment makes the pain more fun and your classmates drag you through the fitness-heavy, full-body sessions, even when you feel as if you're totally losing personal motivation.

You can't expect to punch away your paunch if you're eating like a heavyweight, though. Making the switch to healthy eating isn't easy – I'd be lying if I didn't feel the urge to stuff my face from time to time – so don't be afraid to call in backup. My trainer, Brett Carrington of @Hauora_fitness, put together a nutrition plan that's simple and easy to follow, and I take time on the weekend to prepare meals for the days ahead. In a pinch, you can't go far wrong with baked salmon and steamed vegetables. Losing weight is a fight, sure. But one you can win if you just keep it simple.



USERNAME
brooklynkellyy

OCCUPATION
Model

FOLLOWERS
63,000

SPECIALITY
Fighting fat



THE FITTEST
WOMEN ON
Instagram



13
TEAM UP TO
WIN OUT

14
GUT PUNCH
CALORIES

A

**KELLY'S
HERO
MOVES**

This four-part circuit hits your heart rate hard and then goes below the belt for maximum calorie burn. Complete each exercise one after the other, rest 60sec and repeat for a total of five rounds.



**01 SHADOW BOXING
60 SECONDS**

Fists up, punch straight ahead, pivoting at the hips for extra power and turning your back foot with that long right straight. Go at a consistent speed for the whole minute – a steady pace will burn more calories.



**02 SPLIT SQUAT
60 SECONDS**

Grab a kettlebell in both hands and, facing away from a bench, rest one leg on it. Squat with your standing leg until your back knee almost touches the ground. Push up through your front foot. Go for high reps, high reward.



**03 SHOULDER PRESS
60 SECONDS**

Stand with feet shoulder-width and brace your core. Hold the dumbbells up by your ears with a neutral grip, push up explosively and lower over 3sec. Expect your shoulder muscles to be KO'd by the end of the minute.



**04 KB SWING
60 SECONDS**

Finally, combine the lot. Working your fitness, lower body, core and shoulders, the swing is a killer. Hold the weight in both hands and let it drop back between your legs. Keeping your arms straight, explode up through your knees and hips to drive the kettlebell up to eye level. Keep fighting; you'll get there.

2KG

THE AMOUNT OF FAT YOU'LL
BURN IN A MONTH DOING
THIS CIRCUIT FIVE TIMES
A WEEK. LOOKS GOOD,
DOESN'T IT?

GOING TOE-TO-TOE
WITH FAT? BROOKLYN'S
IN YOUR CORNER

STROKE YOURSELF INTO ELITE SHAPE

This month's challenge is straight out of the CrossFit repertoire. Rowing for calories helps you focus on hard stats rather than the speed of the fan. But for it to be effective, good form is key

RUN THE GAUNTLET
100KCAL
ROW



> YOUR SCOREBOARD If burning 100kcal felt like an eternity, you've more work to do			
0-7 MIN	5-5.10 MIN	4.30-4.45 MIN	4-4.15 MIN
AVERAGE	FIT	ADVANCED	ELITE
A normal man should sustain 14 watts per minute for 7min. Which is enough to power a desk lamp, should you want to.	Your cardiovascular fitness is better than most at 5min (or just above) and would get you to level 9 or 10 on the bleep test.	'Muscular stamina' is the ability to perform reps for a prolonged time. At this level, you could expect to do 40 press-ups in 60sec.	Up here, your VO ₂ max is in the range of 50-55 ml/kg/min, equal to that of an Olympic 400m sprinter. Show off.

01 \ LOAD IT UP

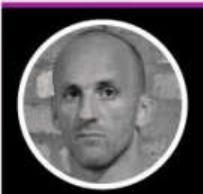
To get the most power out of each pull, you need to load your lower body with elastic energy. Slide forward until your shins are vertical and your chest is pressed up to your quads. You're ready to row.

02 \ PUSH HARD

Reaching forward with the handle as far as possible, explode away with your feet but keep your arms straight – the large muscle groups of your glutes and legs should be doing all the work.

03 \ PULL HIGH

As your knees start to straighten, pull the handle back with your arms, aiming for your upper abs. Lean back slightly to lengthen the stroke, then go straight into the next pull. And repeat. A lot.



THE TASKMASTER
Michael Price, owner and head coach at CrossFit Perpetua

"The 100kcal row is a test of stamina, power and mental strength. You need to apply consistent wattage over time, so the unit will drop off fast. Hold your pace to 75kcal – then empty the tank."
crossfitperpetualondon.com





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newbalance.co.uk/vazee

16
GOOD GUT FEELINGS

17
GROW YOUR MIND

18
STARE DOWN SICKNESS

19
MISTER MOTIVATOR

A

TAKE A BITE OUT OF STRESS

Turns out the secret to chilling out is in chowing down. Learn how to cool your boots with some nutri-therapy

If anxiety is the archetypal 21st-century syndrome, then our love affair with technology is the biggest culprit. Whether it's iPhones under the pillow or work emails on the beach, the wifi age is making us more highly strung than ever. Doctors call it 'social anxiety' and 10% of the population is thought to be affected.

The solution, however, is not to hide in a cave but to look at what we put in our stomachs. According to the journal *Psychiatric Research*, much of our hand-wringing and nail-chewing is brought on by imbalances in the gut. That a relationship between mind and body exists – the so-called gut-brain axis – has been known for some time, but this study found that such disproportions can be levelled out with fermented foods like sauerkraut, cheese, yoghurt, kombucha tea and even beer.

So if you're feeling strung out, try this tasty probiotic menu. And if that doesn't help, why not pop for a pint? Doctor's orders...

SUNNY SIDE UP



BREAKFAST

Mozzarella omelette, sourdough toast



LUNCH

Sausage, mash, sauerkraut



DINNER

Skirt steak, kimchi, greens; yoghurt



WORDS: ALEX HARRIS | PHOTOGRAPHY: ROWAN FEE

THE
NUMBER

40 SECS

Spend this much time glancing at a grassy lawn and you'll boost concentration and reduce mental errors

University of Melbourne

PSYCH NEWSFEED 11.2015



Just seeing sick people jump-starts your immune system. It's like a multi-vit for sadists

University of British Columbia

HAS YOUR GET-UP-AND-GO ALL GONE?

As winter draws closer, motivation is harder to come by. Know what will spur you on and what's pulling your reins, so every workout is an easy ride



F*CK THAT

When you're suffering midway through a workout, let the F-bombs fly (in your head, at least). UK research found people who swore could tolerate pain for longer than those who remained polite.



HOLIDAY BODY

View any big events as landmarks on the way to a long-term goal, says psychologist Dr Johanna Peetz. Party coming up? Set a mini-target to hit by that date. It will highlight how far you have to go.



CALL TIME

Tracking the minute-by-minute progress of your workout just highlights how big the task is. Ignore the clock until you're at least halfway through, a University of Chicago study suggests.



BAD MEMORIES

Focusing on the negatives you want to beat – body fat, puny arms – saps mental energy. Uni of New Hampshire scientists advocate recalling your best sporting memories instead to up your adrenaline.



HOW TO SURVIVE IN STYLE

With Men's Health's Survival of the Fittest season upon us, we've assembled the very best apparel to cut a dash on the course and stake a claim on the leader's board



01 TRACTION CONTROL

Turning an ankle is not a dynamic race-day look. Nike's latest trail runners give you the cushioning of road racers but with sticky rubber lugs for optimal traction in a range of conditions. Mud, wet grass, woodland paths and vertical walls for example.

Nike Air Zoom Wildhorse
£100 nike.com

02

BURNING RUBBER

Triathlon specialist 2XU has patented a material that promotes blood flow to reduce muscular fatigue, but really it's the added layer of protection against abrasions when going over or under obstacles you need. Bleeding knees tend to chafe after 10K.

2XU compression tights
£75 mrporter.com

03

COVER ALL BASES

Jersey gym shorts weigh you down when wet and a shorter running crop will make every climb, leap or stretch a potentially indecent manouevre. This pair is cut to mid-thigh, shot through with Lycra for freedom of movement and has plenty of pockets to store your energy gels.

THE Short £58
lululemon.co.uk

> **SMARTER
FUELING**
The right choices can shrink your time, but many common beliefs are bunkum. We sort the wheat from the chaff.

4 HOURS

You have to eat breakfast very early. Taking on 250-275g of carbs four hours before will ensure your muscles and liver are stocked but your stomach is empty.

1 PERCENT

Dehydration is to be expected, but the drop off in performance is not worth panicking over. Just take a few sips from water stations – but do rehydrate afterward.

20 GRAMS

While sugary carbs are a deserved reward, lack of protein is what has you hobbling into work next week. Kick-start muscular repair with one of those free protein bars.

TREND SWEATING ADVENTURE RACING

20
ADVENTURE
GEAR

21
ENERGY
UPGRADE

04

SPLIT SCREEN



Your overall time will be chipped, but to threaten the top of the leaderboard you need to get to grips with your splits. The highly lauded Suunto tracks your speed, pace, distance and more. That it looks like a diving watch rather than a neon calculator is the winner.

Suunto Ambit 3 Run
£185 suunto.com

05

CORE COMFORT

Though the adventure race season is not the warmest, you'll rue layers within a few minutes. A long-sleeved, lightweight running top deflects any wind-chill and keeps your core temperature steady. You'll appreciate the thumbholes once you're across the line.

Adidas Supernova Tee £33 adidas.co.uk

REGISTER AT MHSURVIVAL.CO.UK

Kitted up? Good. Now head online and sign up to race against 26,000 competitors across 50+ obstacles in five UK city centres.



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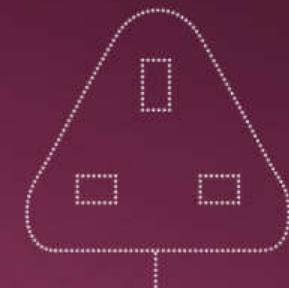
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9 FULL-BODY WORKOUTS
PACK ON MUSCLE IN A MONTH
SMART NUTRITION GUIDES

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TIME

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05

DAYS TO RESTORE
MEMORY & REWIND
YOUR BODY CLOCK

Intermittent fasting: great in theory, wearisome in practice. So raise a fork to researchers at the USC Longevity Institute, whose new creation offers all of abstention's purported goodness – a plate of stem-cell regeneration served with a side of brain rejuvenation, with decelerated ageing for dessert – without the belly rumbles or health risks that come from eschewing food entirely. Instead, the five-day Fasting Mimicking Diet lets you tuck into 1090 calories on the first day (10% from protein, 56% from fat and 34%

from carbs), then for the next four you drop to 725 calories a day (9% protein, 44% fat, 47% carbs). If all that sounds like a faff, try our shake (right). As well as nixing Father Time and putting your brain on recharge, research has even shown that fasting is as effective as chemotherapy at treating cancer. The restricted diet may suck for five days, but then you don't have to endure another bout of this pseudo-starvation again for three to six months. The cherry on top? You can eat as normal for the rest of the time and still tuck into the health benefits. Faster, stronger.



FORWARD FASTING:
A NEW DIET TO SPARK
YOUR GREY CELLS



EAT LESS,
LIVE MUCH
LONGER

This tasty shake's nutrient ratio matches the FMD's 725kcal-a-day profile

GINGER, 1TSP

Ginger is thermogenic, so boosts your metabolism to kick start fat-burning.

ROLLED OATS, 50G

Oats' complex carbs give slow-release energy to keep you fuelled for longer.

ALMONDS, 15G

The go-to vegan protein source provides healthy fats to slash your appetite.

AVOCADO, %

Ignore the calorie count – this muscle-building staple reduces the urge to snack.

KALE, 50G

Eating your greens slows down sugar absorption. Mum knew best after all.

60

**MINUTES TO CURB
HUNGER & SLASH
FAT BEFORE WORK**

For the working man with ambition, good sleep is an invaluable commodity. But as tempting as hitting the snooze button might be during a hectic week, that last-minute crawl from bed to bus to desk could be putting the kibosh on your weightloss goals. Why? Blue light wavelengths, found mainly in early morning sun, affect your circadian rhythm, which in turn helps regulate your metabolism and appetite. Recent research published in *PLOS ONE* found that for every hour daily light exposure is delayed, your BMI is likely to be 1.28 points higher. Which is another way of scientists telling you to wake up! Sadly, you can't cheat the system by sifting through your Instagram feed in bed. Yes, smartphones emit blue light, but you need real daylight to torch excess kilos. Early birds, it seems, max the burn.

MOVE PANGS AND POUNDS
TO YOUR OUT TRAY BEFORE
YOU HIT YOUR DESK



LIGHTEN YOUR LOAD

Use PT Dylan Jones' morning ritual to prime your body for weightloss



TAKE A BELLY BLOW

Switch off your alarm then take five deep belly breaths, inhaling and exhaling over 3sec. This immediately awakens your metabolism.



FIND FAT'S KRYPTONITE

Roll out of bed and do 20 reps of the Superman stretch on all fours. It'll help you go further (and blast more fat) on your AM run.



SQUEEZE YOUR WAISTLINE

Crawl to the kitchen and down 550ml of filtered water with fresh lemon to cleanse your system and help you fight fat all day.

HAVE A NIGHT ON THE TETRIS TILES AND SKIP THE BURGER VAN



600

SECONDS TO RETRAIN YOUR APPETITE & WIPE OUT CRAVINGS

Resisting the doughnut run come your 3pm office slump can often demand monastic willpower. But the pacifist path is not the best route to resistance. Instead, bring more firepower to the battle of your bulge by adding computer games to your arsenal. Sadly we're not talking about taking aim at fat with *Call Of Duty* here: scientists from Plymouth University have found that tackling Tetris' spinning

blocks can curb cravings by making mental images of junk food less vivid. In addition, Exeter University, that little-known hotbed of gaming development, has come up with its own online game in which players must quickly respond to images of unhealthy foods as a way to subconsciously ingrain better eating habits (see foodtraining.exeter.ac.uk). It might be less exhilarating than GTA, but initial results found that, after four 10-minute sessions, players tucked into 220 fewer calories per day and lost 1.5lb a week for up to six months. That's the kind of weightloss achievement that could grant you an extra life.

IT'S AS EASY AS CBT

Deploy these psychological tricks to level up your resolve and boss your bad habits

HAVE A BREAK, DON'T HAVE A KITKAT

When cravings strike, tell yourself you'll succumb after 10 minutes. That buffer allows time for the urge to dissipate.



THE PEN MAKES YOU MIGHTIER

Excuses winning out over post-work gym sessions? Write down the reasons you *should* go. It'll restore the lust to lift.



PUT YOUR INNER VOICE ON MUTE

Write down what you're worried about before going to bed so that nameless fears don't keep you awake.



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VISIT ARGOS.CO.UK/MENSHEALTH TO SEE THE REST

01

HOUR TO NIX WORK STRESS & BOOST STAMINA BY 10%

Pre-race nerves can leaden your legs, but we've chanced upon a pill that could calm your senses *and* quicken your pace. Be you a weekend warrior or an endurance athlete, taking one tablet of rhodiola rosea an hour before you hit the start line provides an instant performance spike that lasts the full distance. Belgian scientists discovered that a 200mg capsule of this supp* not only harpoons stress but also increases your oxygen uptake, extending your time to exhaustion by 9.7%. It's a boon for jittery fun-runners who are prone to choking, sure, but crucially it might also give weekday stress-heads the motivation to run off work anxieties. The ability to deal with pressure plus a PB to boot? That's what we call a win-win.



DRAW A LINE UNDER WORK STRESS - AND CROSS IT SOONER ON RACE DAY TOO

STARTER FOR ZEN

PT Phil Sims gives you a three-move pre-workout protocol to smooth away work stress during your lunch break



SUCK IT UP

Lie with knees bent. Breathe into your ribs, not stomach, gently pushing down on your belly. Repeat regularly to lower blood pressure.



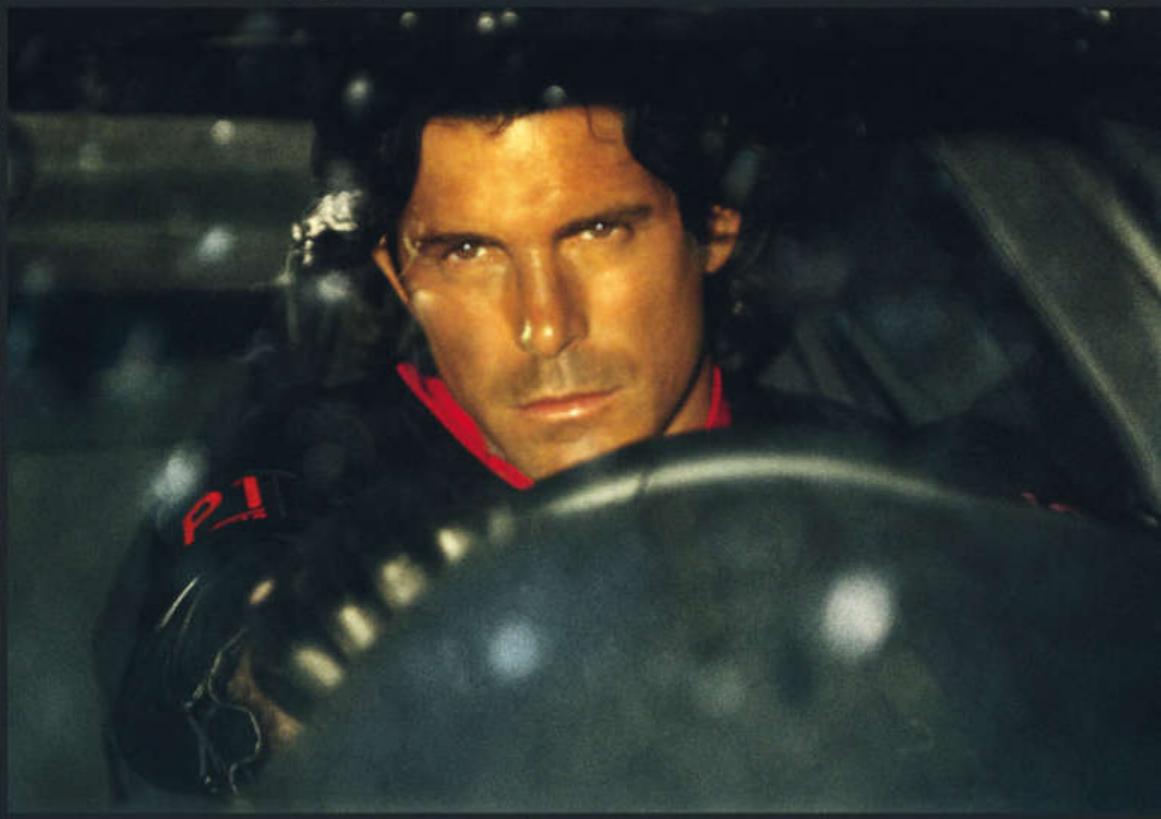
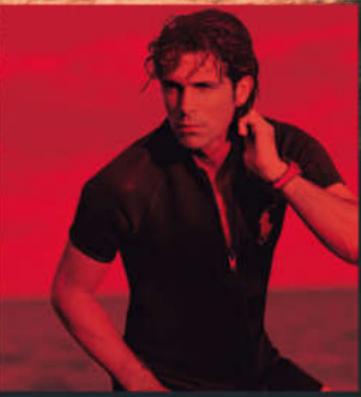
PUFF IT OUT

Clasp your hands behind your back. Pull your shoulder blades together and stretch into each breath to iron out tension in your upper back.



HANG IN THERE

Stand tall and fold forward: head to knees, hands to toes. Relax – it helps lower-back pain. Close your eyes to ease stress (and embarrassment).



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THE MEN'S FRAGRANCE BY RALPH LAUREN

JONES



HEAVY METTLE

ROB MACDONALD, GYM
JONES' HEAD TRAINER
AND EX-UFC FIGHTER,
LEADS HIS RECRUITS
FROM THE FRONT LINE

At some point during your workout, a voice in your head will tell you that you can't do another rep, run a mile further or manage that final round. Gym Jones, the gym that created the bodies of Leonidas and Superman, wants to help you silence that voice. Because in that silence lies true strength

here are 15 men against a wall in a 6000-square-foot converted warehouse in Salt Lake City, Utah. They're anxious, and it shows in their unconscious movements, shifting from foot to foot and tapping their fingers while punk rock blasts from overhead speakers. Gym Jones's splendidly profane, superhero-sized fitness director, Rob MacDonald, saunters up and down their ranks.

"You, 48. You, 54. You, 63," says MacDonald, jabbing a finger at three men in turn. "That's how many calories you have to burn in one minute. If you don't make it, you'll keep trying until you fucking do."

Muffled curses filter through the music as they all consider the immensity of the task. To reach the calorie goal, which MacDonald calculates using body size and fitness level, they must give it all. Pain is a promise, suffering guaranteed.

The first subject approaches the Airdyne – a stationary bike with movable handles and a giant fan for a front wheel. It's a remarkably simple device – the harder you pedal, the harder that pedaling becomes, thanks to the exponential torture of air resistance. MacDonald smiles. "Go!"

The man sets off like Mark Cavendish on bath salts, a blur of whirling legs and flailing arms. His grimace hardens and his breathing becomes frantic as the seconds tick by. Then it's over. His minute is up and he's off the bike and on his back, gasping for air and jabbing at his quads. "Next!" shouts MacDonald.

One by one the men take the test, dropping to the floor or wobbling around on spastic legs when they finish. Some of them fail. A man in his twenties who was assigned 48 calories finishes with 47. "The only thing that makes Rob happier than people hitting their mark is when they miss it by a calorie," says Mark Twight, the founder of Gym Jones and the man responsible for the bodies of *MH* cover stars Gerard Butler and Henry Cavill, among a strong host of others. "There is nothing he loves more than throwing them back into the fire."

As brutal as the Airdyne test seems, it isn't an exercise in fitness sadism or an acidic attempt to build lung capacity. It's not designed to build muscle or burn fat. It's a baptism into Gym Jones' primary belief: strength is in the mind.

Belief in the system

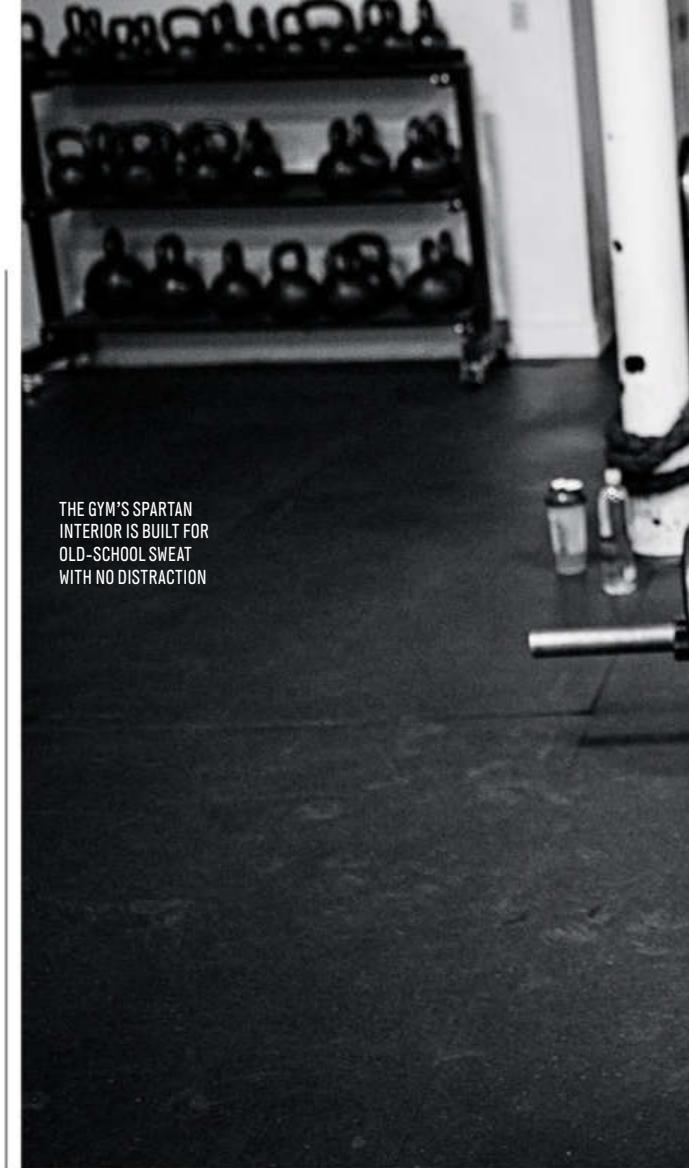
Utah is a state known for religious zeal, and Gym Jones fits right in. Members are called disciples and a repeated lack of effort results in excommunication. Many of the workouts, which range from crushing, hour-long circuits to vicious intervals on the rower, are biblically intense. "Each workout is designed to be a mental crucible, an exercise in the art of suffering," Twight says. "Through suffering, you discover your true potential."

Twight has practised what he preaches. A celebrated mountaineer, he forged his mind-first fitness dogma while setting alpine records and claiming a first ascent on a notorious frozen waterfall in the Rockies. "There were guys who were fitter and better technical climbers than I was," says Twight. "But I did more transformative things because of what I had on board mentally."

Twight founded Gym Jones in 2003 to help fellow climbers "unfuck their heads". For years it existed on the fringes of hardcore fitness, slowly adding Special Forces recruits and MMA fighters to its ranks as news of its effectiveness spread.

Then, in 2007, the film *300* hit cinemas. After transforming the film's

THE GYM'S SPARTAN
INTERIOR IS BUILT FOR
OLD-SCHOOL SWEAT
WITH NO DISTRACTION





doughy actors into a phalanx of hardened warriors, Twight found himself in the limelight. Overnight, Gym Jones went from an underground muscle factory to the iconic fitness temple.

"Until that point, I ran the gym on the Fight Club model – it was invitation only. If you were invited, I trained you for free," says Twight. But after the movie was released, it was impossible to stay off the public's radar. "The traffic it created nearly crashed our website," he says. "We went from a few hundred hits a month to almost 13 million."

The buzz was a curse, in a way. "It gave people the wrong idea. Aesthetics are actually our last concern," says Twight. Gym Jones focuses on building true fitness, not the appearance of it, he explains. "And true fitness comes from training the muscle that sits in your skull."

Most people aren't prepared for what that entails. "They don't know what all-out is because they've never been pushed to experience it," says Twight. "Take the one-minute Airdyne test."

If someone gave absolutely everything he had on the first try, it would be impossible to log a higher score on the second attempt. What holds people back? Maybe it's fear. Maybe it's laziness. But whatever it is, it's 100% in their head."

Those mental barriers also hinder performance in the weights room. Twight recalls a disciple who was fixated on pulling a double-bodyweight deadlift, a Gym Jones fitness benchmark. "For him, that was 160 pounds," says Twight. "He could lift 155 no problem, but put 160 on the bar and he couldn't budge it. He thought 160 should be hard, so it was." Twight's solution: "We had him do a bunch of sets, switching up the plates each time until he lost track of them. Without knowing it, he did a couple of reps at 170."

Scientific suffering

In 1924, the Nobel prize winner Archibald Hill became the first physiologist to propose that the brain regulates the heart

KNOW NO LIMITS

Most guys think that they push themselves in the gym, but these tests will show you where your max really is. And then help you exceed it...



1-MINUTE SPRINT

"A minute doesn't seem long, but it is if you go hard enough," says Gym Jones' Rob MacDonald. "This reveals how far you're willing to push yourself. If you're not crushed at the end, you held back."

Directions Hop on a fan bike and try to burn as many calories as possible in 60 seconds. The bike will display your result. Average is 45, the Gym Jones record is 89.



2000M ROW

"When you do circuits for time, you can cheat form and cut corners," says MacDonald. This is just you and the computer: no cheating, no shortcuts, just objective feedback staring you right in the face."

Directions Program the distance setting on a rowing machine for 2000m. Try to complete it in less than seven minutes.



10M MURDER

"This makes you face 'The Moment' – the point when you will either persevere or quit," says MacDonald.

Directions Head to a track. Set a stopwatch for 60 seconds and run 10m, resting for the time left in the minute. Next, run 20m resting for the remainder of the minute. Keep adding 10m until you can't beat the clock. Your goal for this killer test should be 200m.



DEATH BY BURPEE 2.0

"You don't need any kind of special equipment to take this test," says MacDonald. "All you need is a willingness to suffer and a desire to discover what you're made of."

Directions Record the time you take to do 100 burpees, touching your chest to the floor in the press-up and jumping at the end of each rep. Do it every few weeks and try to finish faster each time.

during exercise. That regulation, he theorised, was meant to protect the heart from overexertion. But Hill's idea took more than 70 years to gain traction, having been overshadowed by the more popular theory that physical exhaustion is purely a matter of cellular supply and demand.

Professor Timothy Noakes, director of the Exercise Science and Sports Medicine Research Unit at the University of Cape Town, was taught the prevailing theory. When he started studying exercise physiology, he says, he was told that your muscles get tired either because

they run out of fuel, or build up too much lactic acid, and that's why you stop. But no one had ever proved that muscles were getting too little oxygen or fuel. What's more, studies showed that people never recruited more than 50% of their muscle fibres, even during intense exercise. For Noakes, the theories just didn't match reality.

Eventually it occurred to him that because you activate muscle by way of your brain, your brain must also be

responsible for determining how long, how hard and how fast you push yourself. While Hill had been on the right track, the more research Noakes conducted on his own "central governor theory", the more the supporting evidence mounted.

To what degree can the governor in your head influence performance? Suppose you were told to pedal to exhaustion on a stationary bike while being timed by a clock. "Your brain sabotages your performance," says Noakes. "When you feel fatigued, it's just an emotion. It has nothing to do with your physical state at all."

THE BRUTAL STANDARDS

To join Gym Jones, you should be able to meet the following strength and endurance benchmarks. All of them. While some might be within your reach right now – the 5K time, say – the Gym Jones athlete is also able to deadlift twice his bodyweight. It goes without saying that mental grit will help.

 RUN 1.5 MILES
9:00 MINUTES

 RUN 5K
22:00 MINUTES

 FRONT SQUAT
1.5X BODYWEIGHT
(1-REP MAX)

 PULL-UPS
15 REPS

 ROW 2000M
7:00 MINUTES

 BENCH PRESS
80KG (10 REPS)

 TURKISH GET-UP
50% BODYWEIGHT
(1-REP MAX)

 RUN 400M
1:00 MINUTE

 DEADLIFT
2X BODYWEIGHT
(1-REP MAX)

 BACK SQUAT
1X BODYWEIGHT
(20 REPS)



Noakes tells the story of a woman running an elite 5000m race. She was about 20m behind first place and had mentally committed herself to coming in fifth or sixth. But as she began her final lap, she saw the clock and realized that if she could run that lap in less than 64 seconds – something she had done before – she would qualify for the Olympics. “All of a sudden her thinking shifted and she didn’t care about the race,” Noakes says. “She had a new goal that mattered on a

much deeper level, a goal she believed she could achieve.” She hauled off, won the race, and qualified for the Olympics.

The changing man

MacDonald, the man barking out calorie goals earlier, specialises in that exact same form of focus shifting. “If someone tells me they want to get fit, I ask, ‘Fit for what?’” he says. “Fitness is task dependent; you need to map things out and set a goal, whether that’s to finish a triathlon or simply to look and feel healthier.” Everyone who walks into Gym Jones, be they a decorated Navy

Seal or an ordinary binman, receives a customised training programme. Nothing is arbitrary. Nothing is left to chance. But the commitment must be total.

“You might work hard in the gym, but are you also sleeping eight hours or more a night, eating healthfully, and foam-rolling in front of the TV?” says MacDonald. “Constant attention to your goal is how you reach the next level. And recovery is half the battle: don’t do the work if you don’t have the balls to rest.”

Such devotion affects what MacDonald calls a “deep chemical change” that guarantees success both in the gym and beyond. “The swagger that comes from reaching a fat-loss target, crushing a half marathon, putting up a record lift, or passing an endurance test doesn’t wash off with your post-workout shower. It lingers,” he says.

Indeed, a man who gives his all to breaking barriers in the gym may also be fighting with the same zeal in other aspects of his life: building a happy family life, getting ahead at work, or inspiring change in others.

“A breakthrough here can lead to someone being a totally different, more confident, improved person,” says Twight. “We see it every day. We’re seeing it right now on the Airdyne.”

The twentysomething man is back on the bike, pedaling furiously in another attempt at his 48 calories target. As the seconds tick past, his face gets redder and his breathing worryingly ragged.

With 15 seconds to go, his face twists in agony and his eyes close as he digs deeper through the pain. The timer reaches zero and then goes blank. The man collapses heavily on the handles, gasping for air.

The screen flashes up “49 calories”. He staggers away from the bike, smiling broadly and accepts high fives from everyone in the room.

“If you don’t push your mental limits, you’re just going through the motions and you will stay at a certain level mentally and physically for life,” says Twight. “But if you get comfortable with discomfort, if you put yourself in a dark place and come out the other side, you can accomplish anything.” You just have to believe. 

NO MAN GETS LEFT
BEHIND: MACDONALD
RUNS THROUGH HIS
FITNESS TESTS FOR
THE CLASS

**TURN OVER
FOR THE
GYM JONES
WORKOUT**

THE WARM-UP

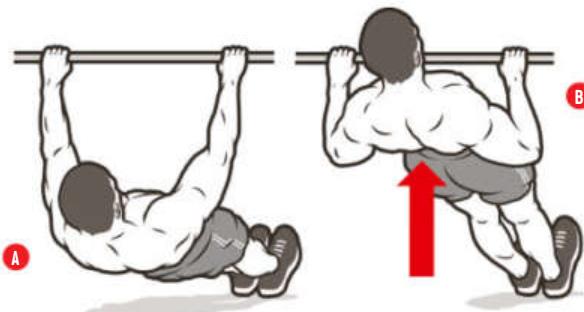
Do 10 reps of each move back-to-back in a circuit. Take as little rest as possible between circuits and complete five in total before moving on to the main part of the workout (overleaf)

THE GOSPEL ACCORDING
TO GYM JONES – IF
IT ISN'T HURTING,
YOU'RE NOT WORKING



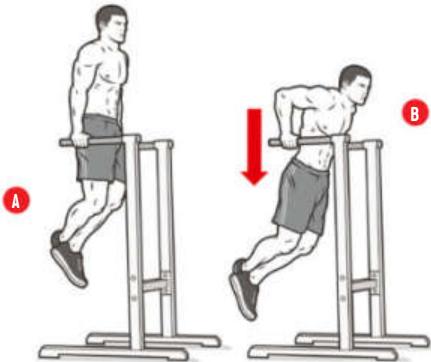
1/ INVERTED ROW

Set a bar at waist height and hang below it with an overhand, shoulder-width grip, body straight from head to ankles and heels touching the ground (A). Pull with your arms and back, squeezing your shoulder blades together to lift your chest to the bar (B), then lower and repeat.



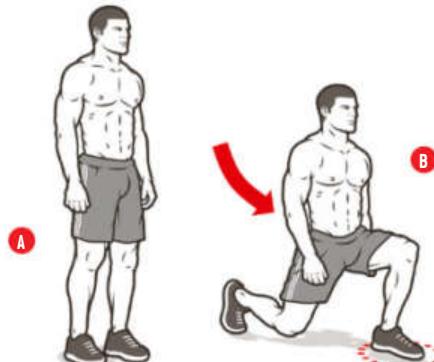
2/ DIP

Grab the bars of a dip station and lift yourself up so that your arms are straight. Now bend your knees and cross your ankles behind you (A). Bend at the elbows to lower down until your upper arms are at least parallel to the handles (B), then push back up.



3/ BODYWEIGHT LUNGE

Stand with your arms at your sides (A). Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees but don't let your back knee touch the floor (B). Pause, then push back up to the start position.



FIND THE RIGHT WEIGHT

Gym Jones workouts often use the same load for every move. "In the real world things weigh what they weigh," says McDonald. "If you have to push a car, pick up a heavy bag or move some furniture, you don't get a magic button that adjusts that weight for you."

For the workout laid out on the next page, choose the heaviest load that allows you to complete every rep of all the weighted moves. The chart below shows you where you fall on the Gym Jones spectrum of strength.

AVERAGE – 40KG

STRONG – 60KG

GYM JONES
STRONG – 80KG

ARE YOU
SUPERMAN? – 100KG

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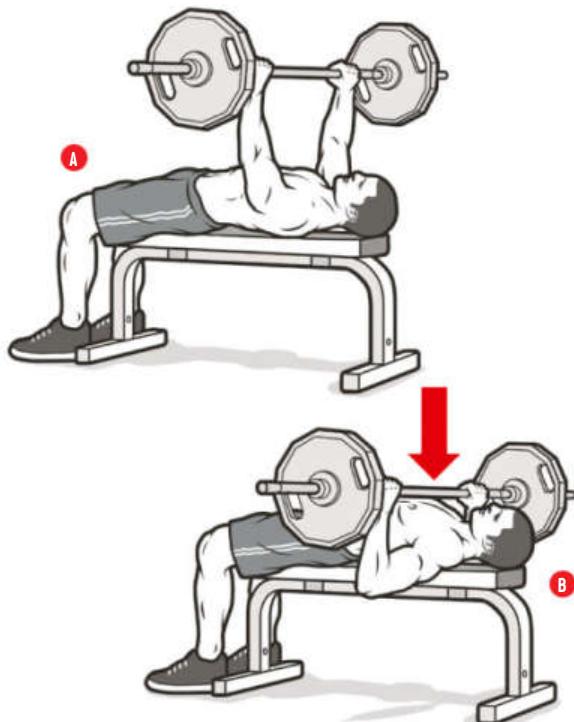
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THE WORKOUT

Perform as a circuit, starting with 10 reps of each. Do 10 circuits, subtracting one rep each circuit. Rest as needed but try to finish faster each time you do it. Use the same weight for the barbell moves

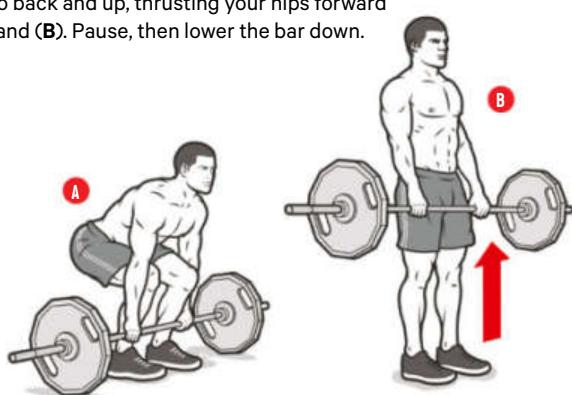
1/ BARBELL BENCH PRESS

Grab a barbell with an overhand grip, hands just wider than shoulder width. Hold it directly above your sternum, arms straight (A). Brace your abs and then lower the bar straight down until it just touches your chest (B), then press it back up.



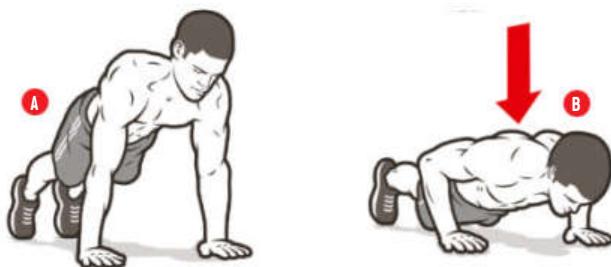
2/ BARBELL DEADLIFT

Roll the barbell to your shins and grab it with a shoulder-width grip, either overhand (A) or mixed – one over and one under. With your back flat, pull your torso back and up, thrusting your hips forward as you stand (B). Pause, then lower the bar down.



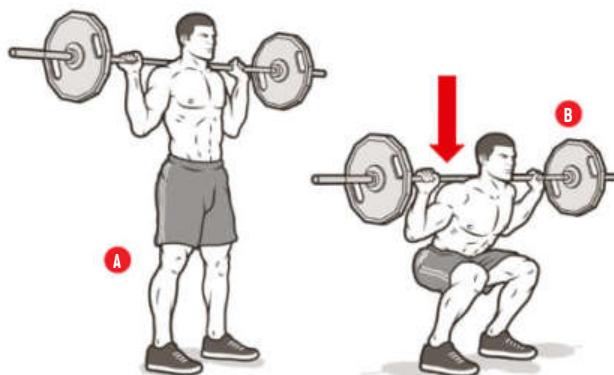
3/ PRESS-UP

Assume the press-up position – feet together, arms locked out and hands on the floor underneath your shoulders. Your body should form a straight line from head to heels (A). Keeping your elbows tucked in, lower your body until your chest almost touches the floor (B), then push back up.



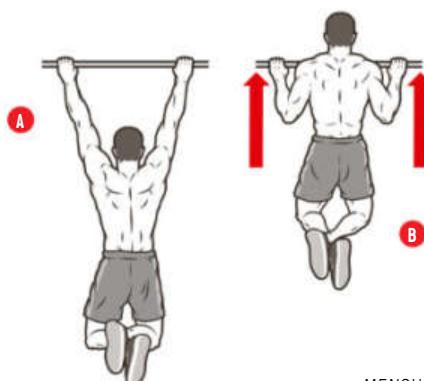
4/ BARBELL SQUAT

Stand with feet shoulder-width apart, holding the bar in an overhand grip across your upper back (A). With eyes and head neutral, push your hips back and lower your torso until your thighs are at least parallel with the floor (B). Pause, then push back up.



5/ PULL-UP

Hang at arm's length from a pull-up bar, using an overhand grip that is slightly beyond shoulder width (A). Pull your chest to the bar by squeezing your shoulder blades together (B). Pause at the top and then slowly lower back to the hanging position.





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THE LAB

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MEN'S HEALTH

EDITED BY CARLENE THOMAS-BAILEY



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Fair weather cycling is a breeze. But the dedicated self-propelled commuter is a year-round athlete, one who keeps the same pace, regardless of the conditions. If you want to join the stoic peloton it's not just your saddle bags that will win out. A cycle commute that adds up to 20 miles a week – only about 30 minutes each way – is enough daily exercise to strengthen your heart significantly and reduce your risk of cardiovascular disease by up to 50%, according to research from the British Medical Association.

There is, of course, a meteorological reason that cycling in the summer is a lot more fun. Cold mornings and icy evenings make staying dry, warm and visible a matter of cycling survival. Ben Hobson, editor of *Triathlete's World*, took five of the latest bike-specific jackets and put them through a 20-mile daily city commute (complete with an 11% hill incline) to make sure you beat the traffic and your PBs. Zip up tight – it's time to go to work.

BREATHE EASY

With underarm vents to regulate your temperature, an extendable rear flap for protection on wet rides and a clip on the back for an extra light, function rules over fashion here. This might not be the prettiest option on offer, but when the heavens inevitably open, sealed seams will count for more than style points.

THE LAB STATS

• Windproof	8/10
• Waterproof	8/10
• Fit and comfort	7/10
• Visibility	7/10
• Value for money	7/10

EXPERT VIEW

This is a very capable commuting jacket, with the dropped hem protection being its USP. Visibility isn't at a premium here, but it's still decent. The cut is on the generous side, so try a few sizes to find the right fit and avoid wind-chill hitting you in the face during faster riding.

AHEAD OF THE CURVE

Puma might not be the first brand you think of when it comes to cycling, but this jacket was created with velo-safety in mind after the ICNY designer had a near miss. The entire jacket is reflective, so whatever angle the light hits, you'll show up like a beacon. Still, it isn't cheap, costing as much as a good bike frame.

THE LAB STATS

• Windproof	7/10
• Waterproof	7/10
• Fit and comfort	6/10
• Visibility	10/10
• Value for money	5/10

EXPERT VIEW

The major pitfall of coating a jacket completely with reflective material is that it's heavier and less breathable than standard cycling gear. When the weather turns icy, that won't be much of an issue. But you'll work up a sweat faster when the sun deigns to make an appearance.



03

- AFFORDABLE COMMUTE 9/10
- REFLEX 2 JACKET
- £30 SPORTFUL.COM

RIDE LIKE A PRO

As the kit supplier to pro cycling team Tinkoff-Saxo, Sportful knows its stuff. Even the brand's cheaper items have all bases covered. This jacket is squint-inducingly bright and the reflective strips are well placed. Throw it on over a warm jersey and head out. If it's good enough for Peter Sagan and co...

THE LAB STATS

- | | |
|-------------------|-------|
| • Windproof | 8/10 |
| • Waterproof | 8/10 |
| • Fit and comfort | 9/10 |
| • Visibility | 9/10 |
| • Value for money | 10/10 |

EXPERT VIEW

Lacking some of the bells and whistles (and LEDs) of the others, this jacket was the cheapest on test. Nevertheless, it heralds from a cycling pedigree that the others can't match. If you're looking for something light and packable to keep the elements out, this is your domicile.

£££
BEST
VALUE

YOUR
SAFETY
FIRST
GEAR

THE APP

How-to guides on everything from fixing punctures to preventing squeaky noises.
£4 bikedoctorapp.com



THE BAG

These handlebar bags can hold your workout kit and have a headset for hands-free calls.
£65 goodordering.com



THE LOCK

This 'Cappuccino' lock does double duty by securing your helmet straps to your bike and locking both.
£11 lazersport.com

04

- LED-ING THE CHARGE 8/10
- VISIJAX COMMUTER
- £100 HALFORDS.COM

LIGHTENING POWER

Upping the ante in terms of visibility, this Visijax has built-in LEDs – white on the front, amber on the arms and red on the back – with three flash settings, from 'normal' to 'fireworks display'. It's also machine washable (take out the batteries first) and you'll be thankful for the fleece-lined collar on cold mornings.

THE LAB STATS

- | | |
|-------------------|-------|
| • Windproof | 7/10 |
| • Waterproof | 7/10 |
| • Fit and comfort | 8/10 |
| • Visibility | 10/10 |
| • Value for money | 7/10 |

EXPERT VIEW

The LEDs are a great addition, especially the motion-activated sleeve lights which behave like indicators. The model we tested was black, which looks cool, but isn't great if your battery life runs out. The addition of the LED lithium batteries inside the jacket makes it heavier too.

05

- TOTALLY TECH 8.5/10
- ELEMENT GORE-TEX
- £160 GOREAPPAREL.CO.UK

MORE SPEED, LESS DRAG

For those with slightly deeper pockets and an affinity for tech materials, the Element Active Jacket is well worth considering. It's made with Gore-Tex – a waterproof, breathable fabric – so you'll be covered against the wind and rain, plus the fit is dialled in, allowing for a more professional cycling position.

THE LAB STATS

- | | |
|-------------------|-------|
| • Windproof | 8/10 |
| • Waterproof | 9/10 |
| • Fit and comfort | 10/10 |
| • Visibility | 8/10 |
| • Value for money | 7/10 |

EXPERT VIEW

You get what you pay for with Gore-Tex; the high-priced material repels water (ie rain) while allowing vapour (ie sweat) to pass through and out. Which means your investment – if you can make it – will pay off when you're sitting high and dry in your first meeting of the day.

NATURE IS POWER



100% NATURAL INGREDIENTS.
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SIMPLY BETTER

PROTEIN BARS

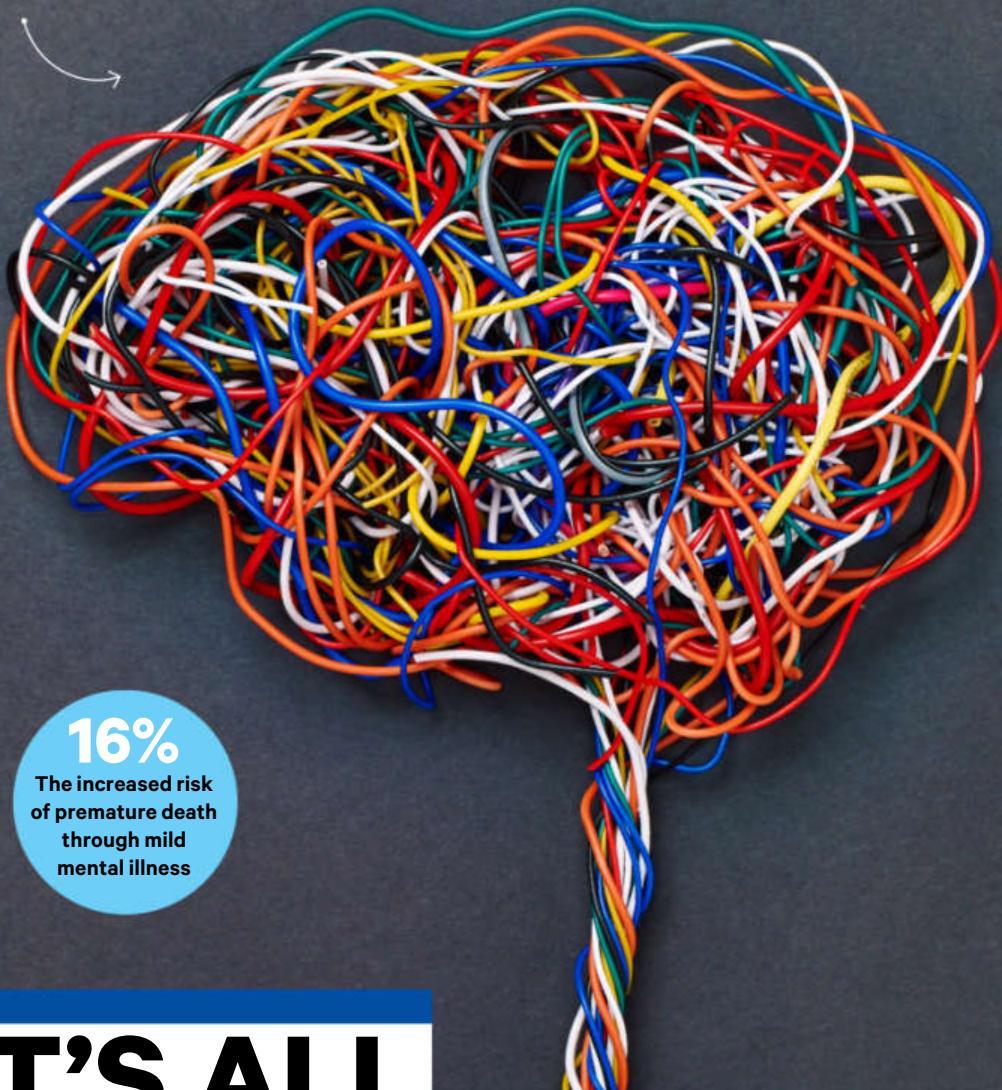


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MENTAL AND PHYSICAL
HEALTH ARE ON THE
SAME CIRCUIT



16%

The increased risk
of premature death
through mild
mental illness

IT'S ALL IN YOUR HEAD

MENTAL DISORDERS SUCH AS DEPRESSION DON'T JUST RUIN LIVES – THEY CAN TAKE DECADES OFF THEM TOO. IT'S TIME TO THINK ABOUT YOUR BRAIN AND BODY TOGETHER

I never had a particularly high opinion of the former Deputy Prime Minister Nick Clegg until I visited a mental health resource centre in South London with him toward the end of last year. As he listened to the service users, a pattern emerged. It was one of decades of psychotic episodes followed by sectioning followed by release to the care of overworked GPs with little mental health experience. Again and again and again.

Afterwards I chatted to Clegg, who had a nice line in unforced posh bloke affability, and quite a tedious one in the intricacies of mental health funding. I took the latter as evidence of his sincerity; no one gets into that minutiae unless they are passionate

about mental health and full of big ideas on the subject.

But all that ended last May when the electorate delivered its own pitiless verdict on Clegg's political sins, real or imagined. Mental health wasn't a big concern in the election, but that meeting with service users stuck with me. A wrongly convicted prisoner locked up for 20 years would be a source of national scandal, but we tolerate people with mental health problems being trapped in protracted cycles of poor care and social neglect. And the cost isn't just having a crappier life, but having a far shorter one. Know this: an adult with mental health

40%

The proportion
of people with a
serious mental
illness who are
obese



MH's deputy editor Mike Shallcross helps you pre-empt modern life's most harmful health issues

NAME MENTAL ILLNESS

RANKING Responsible for 1/3 of the UK's 100,000 avoidable deaths

MH PRESCRIPTION To increase our awareness of our own mental wellbeing and develop resilience

issues in the UK has the same life expectancy as an adult in third world Bangladesh.

"When you talk about premature deaths [among people with mental health problems], people immediately think of suicide," says Chris Naylor, a senior fellow in Health Policy at the think tank The King's Fund. "But in the main they are dying of things that the whole population is. Just a lot earlier."

Research published by the charity Rethink bears this out. Among severe illnesses such as schizophrenia, patients have double the rate of diabetes and triple the risk of heart disease. "These are things which you can live with for a long time potentially. But if they're not managed well they can lead to acute problems you can die from," says Naylor.

There's a few factors at work here. One is that when your brain is struggling to cope with the technicolour chaos of a manic episode, or the crushing torpor of depression, matters such as eating healthily, watching alcohol units, and getting seven hours sleep are going to fall by the wayside. Smoking also goes hand in hand with mental

runnersneed
the running specialists

HEART RATE ON YOUR WRIST



TOMTOM
RUNNER 2 CARDIO
GPS WATCH

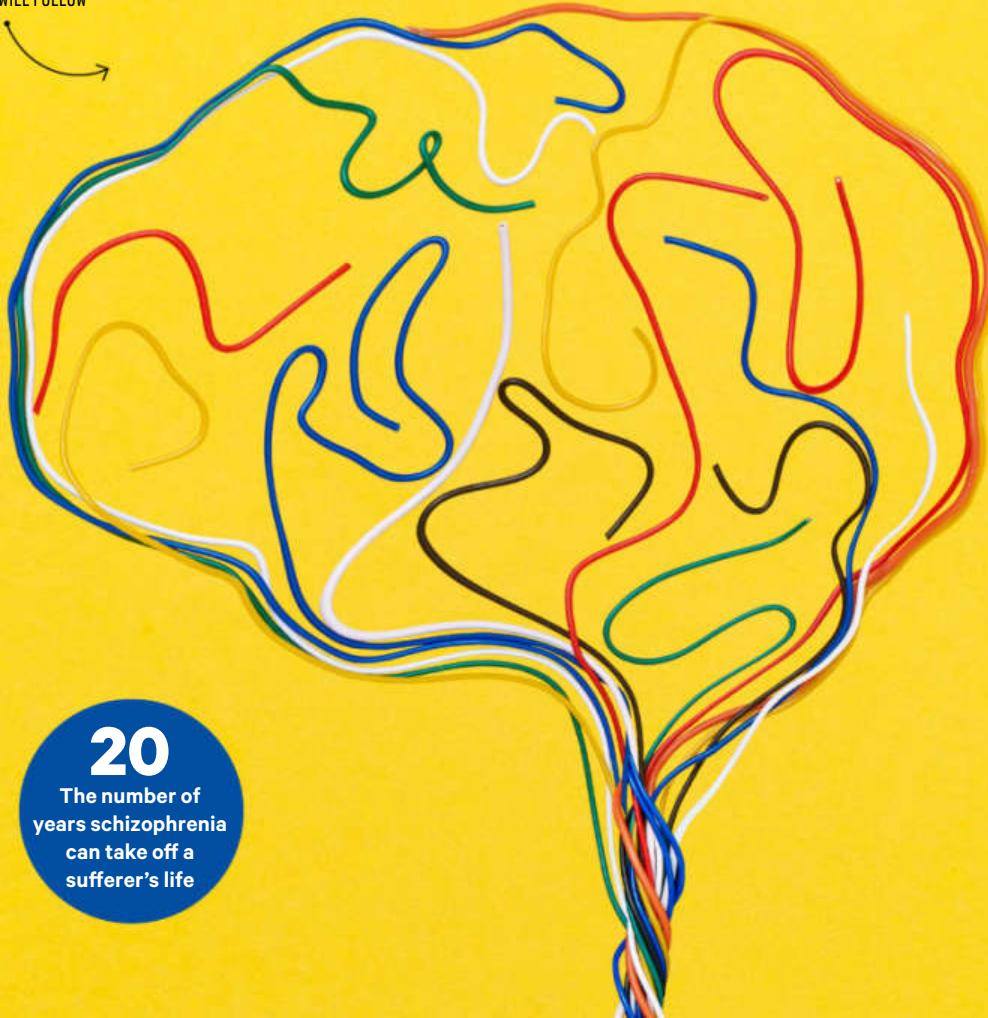
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HEAL YOUR MIND
AND YOUR BODY
WILL FOLLOW



20

The number of years schizophrenia can take off a sufferer's life

disorders, reflected in deaths from respiratory illnesses running at four times the rate of the general population.

And then there is the question of the treatment. "Psychiatric medication can cause side effects which affect physical health," says Stephen Buckley, head of information at the mental health charity Mind. "Weight gain, lethargy, movement disorders and blood disorders to name a few."

Patients gain an average of 13lb in the first two months of taking anti-psychotic medication, but the separation between mental and traditional health services means their weight is often not monitored and there's little information or incentive to shift the excess pounds. "People need to be aware of what they're taking when they're prescribed these drugs," says Waylor. "It shouldn't be a fatalistic thing."



"It's the less severe mental illnesses that are quietly taking their deadly toll"

It's not like you have to take these drugs and automatically become obese and get diabetes. There are ways of reducing the side effects."

But equally worrying is the deadly toll taken by less severe mental illnesses. This is where men who are grossly under-diagnosed for depression and anxiety are particularly vulnerable. While only 17% of men have received treatment for a mental health issue compared to 29% of women, men are more likely to commit suicide, abuse drugs or alcohol and sleep rough.

Researchers from UCL and Edinburgh University worked backwards from

68,000 premature deaths and found that anxiety or mild depression can raise the risk of premature death by 16%. Some of this was attributable to excess smoking and drinking, but the symptoms of depression and stress are closely related. Stress hormones raise heart rate and make blood vessels tighten, putting the body into a prolonged state of emergency. Over time, this can lead to heart disease.

"There's been a whole field of research over the last 15 years about the biochemical pathways in the body related to stress," says Naylor. "It's interesting because it is actually one of the physical ways in which your mental and physical health can be connected."

42%

The proportion of England's tobacco consumed by the mentally ill

Our own health service needs to find a better way of connecting physical and mental approaches. New Labour leader Jeremy Corbyn's first Shadow Cabinet appointments included the high-flying young MP Luciana Berger, to whom he handed a dedicated mental health portfolio. A sign perhaps that someone is willing to take on Nick Clegg's ambition for parity of esteem between the two wings of the NHS?

But in the meantime, we have to take responsibility for our own health. "Being aware of how you're feeling and building resilience is important in helping you look after yourself," says Buckley. "If you're able to notice early on that you're struggling with feelings of depression, it can be easier to ask for help, or do things to look after yourself."

Mind's Food and Mood campaign has long advocated links between nutrition and better mental health (see p95 of this magazine). Their campaign was recently boosted by Chinese research showing evidence that eating fish can cut the incidence of depression. It's also introduced a new campaign, Get Set and Go, based around sport.

It's a message that would resonate with Scott, whom I met with Clegg at the resource centre. A Tigger-ish and disarmingly candid man in his late thirties, he talks of

how fitness broke a cycle of manic depressive episodes. "I made myself well by getting heavily into running."

He goes on to talk proudly of running from Croydon to the House of Commons in order to raise awareness of men's health.

We don't have to all take our struggles to the seat of power, but there was much to emulate in his staying power. Maybe there's a way in which all of us can learn to outrun our own wretched black dog. ☺

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SWIPE THE HABIT

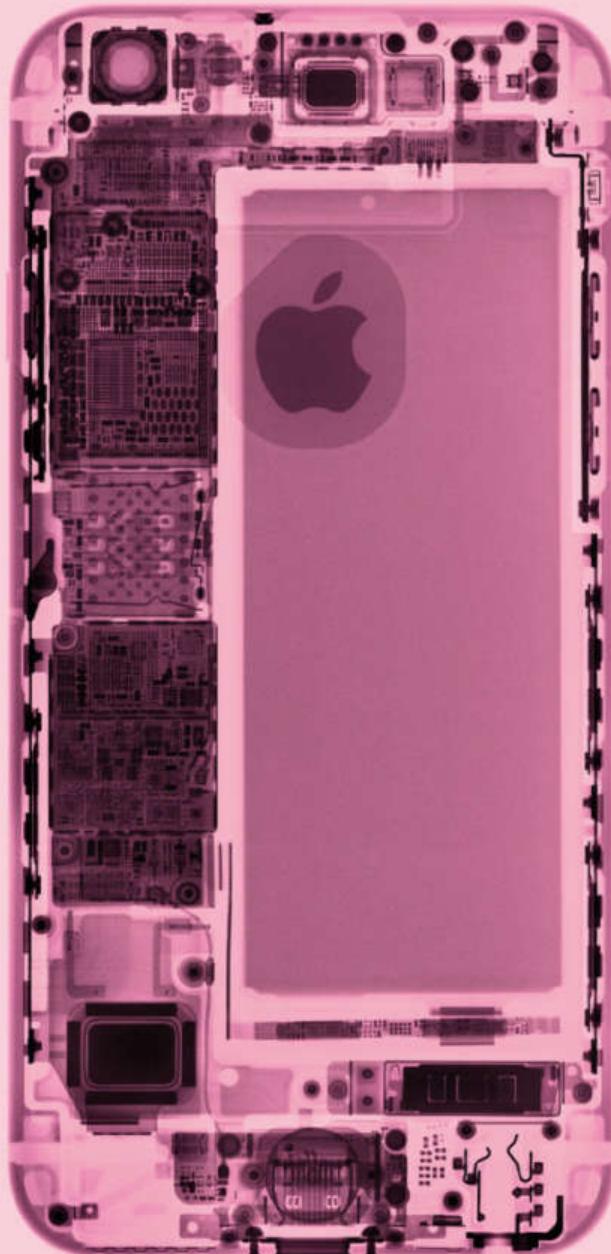
IS EXTREME SCREEN TIME REALLY TAXING YOUR HEALTH? MH PUTS YOUR iPhone UNDER THE SCOPE

Sad but true: since the advent of smartphones barely 10 years ago we've forgotten how to live without them. While the impact of our usage in the long term is unknown, the numbers on our addiction are in. According to mobile analytics company Flurry, 176 million people worldwide check their phones more than 60 times a day. *MH* goes under the screen cover to find out just how clever a smart habit is for your body's own battery life.

01 \ :-)

SERVICE WITH A SMILEY

Your phone has the power to make you happy, and not just because The Rock favoured one of your gym pics. People who regularly tweet, send or receive 25 emails a day and share at least two pictures daily suffer 21% less stress. And hang on to Evernote – a University of Toronto study found that list-making really does help us achieve goals.



IS IT TIME TO GIVE YOUR MOBILE USE A HEALTH SCREEN?

03 \ ⓘ

SWIPE LEFT AT RADIATION

While 88% of us use our pockets as storage, it's not an ideal scenario for male fertility, according to the University of Exeter. The exposure to radiation affects sperm quality considerably. Keeping your device wrapped up helps – WaveWall cases (£25 wavewallcases.com) reduce radiation, and their padding will reduce cracks.

04 \ Ⓛ

SPY-CLOUD STORAGE

If you've invested in health-tracking apps, seemingly harmless requirements such as logging personal details or enabling geotagging could be creating a goldmine for cyber criminals. Tom Chen, professor of cyber security at London's City Uni, says using a mobile VPN (virtual private network) will keep sensitive data for your eyes only.

02 \ +

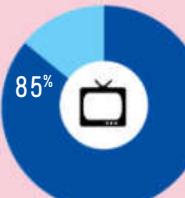
INSTALL ANTIVIRUS

While you're scrolling through your Instagram feed on the toilet (you're not alone, 59% of us do it) take note: the throne is actually 10 times cleaner than your phone, which can harbour 80% of common bacteria. Try AM Mist: a cleaning spray and microfibre wipe in one (£6.59 getcleanam.com). It beats running it under the tap.

IT'S WHERE YOU USE IT THAT COUNTS...

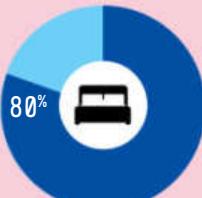
85% LIKE TWO SCREENS

Switching from screen to screen makes your brain disorganised, lowering IQ.



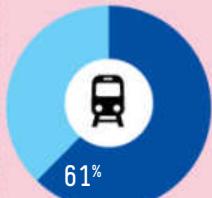
80% DO IT IN BED

Smartphone use after 9pm has a detrimental effect on sleep quality.



61% LIKE IT IN PUBLIC

Stooping to read a text on the commute places an extra 27kg on your spine.



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EVIDENCE

FITNESS ON DEMAND

WIRELESS EARPHONES AND A BESPOKE TRAINING APP COULD SOON PUT AN END TO THE PT. MH TESTS THE VIRTUAL COACH

Earpieces are as ubiquitous on the gym floor as compression tights and foam rollers these days. Manufacturers are well attuned to this fact. Our dependence on playlists to get us moving means sport headphones are set to account for 8% of sales in the £6bn industry by 2018. Frontrunners such as Beats and Monster have been hitting fast-forward on their fitness-centric models for years.

Electronics giant Jabra was later to the party but following the clamorous success of its in-ear biometric running headphones last year, it's now pioneering a set of wireless earbuds, custom-made to stand up to the rigours of functional sessions such as Crossfit. These new buds also monitor your progress in real time with an integrated motion sensor and synced-up smartphone app.

Jabra has always been lauded for its sound quality and whether you stream your motivation from Apple, Spotify or Tidal, you'd expect the fitness benefits of a workout soundtrack to be in perfect phonic balance. But it's the personalised training plans with over 40 movements to choose from and the in-ear support of a digital PT that purports to dial up your fitness. MH trialled a pair to find out if all the noise is worth listening to.

PT 'PHONES HONE:
GET IN SHAPE WITH
IN-EAR ASSISTANCE

JABRA COACH

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FITNESS LEVEL MODERATE
TEST STATION ANYWHERE
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MODEL SPORT COACH
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THE TEST METHODS

I don't have the best track record with earphones. Smartphone freebies have a short music career with me as manager; I regularly find a broken pair in my gym bag. The silence of the following workout session is almost unbearable.

Jabra's shock- and sweat-proof buds promise to buck this trend. Plus, with a 5.5hr battery life and using Bluetooth rather than energy-draining wifi, there's little threat of them cutting out mid-rep. I download the free Sport Life app, plus Jabra Sound for enhanced audio, and walk to the gym. The TrackFit sensor kicks in, calculating distance, calories, speed and cadence. So far, so Fitbit.

On the gym floor, however, the Jabra sings a different tune. After entering my stats, I begin the first session, CardiCore. My 'coach' prescribes moves, reps and rest times. I blast through squats, planks and high knees, hitting the Sports button to signal I've finished each set. The ear-tapping is a bit laborious but I'm happy to control the pace of my workout.

I do run into some glitches. On the treadmill the app claims that I'm going faster than I am, burning extra calories. Great for my ego; not for my waistline. However, regular use allows you to tailor its tracking to your own metrics.

The Sport Coach also integrates with third-party apps, such as Strava and Runtastic, so even if the first version of the native app packs the odd bug, you can still benefit from quality earphones.

The app doesn't currently connect to social media, but the post-workout data succeeds in pitting me against the only person I should be trying to beat: myself.



OUR TESTER PHONED IT IN TO GATHER THE DATA WE NEEDED

USER FEEDBACK



The 'phones can withstand the elements to US military standard and have a variety of ear bud and wing sizes for fit



While not cheap, the buds cost less than a PT. For the cash-poor or gym-shy, most sessions can be done at home



This new model lacks some of its predecessor's top functions (eg HR monitor). The tech may still have glitches

YOUR CLASS PRIMER

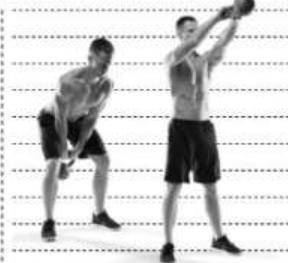
AMPLIFY YOUR CORE STRENGTH

Jabra workouts are fairly abs-focused. Do this circuit four times to score high from the off



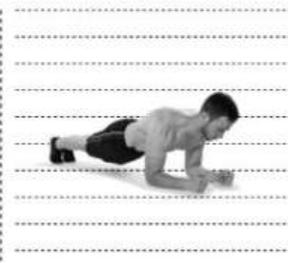
HIGH-KNEES SPRINT 45SEC ON; 15SEC REST

This explosive drill is a great warm-up. Run on the spot as quickly as you can, bringing your knees close to your chin. It'll improve your stride, too.



KETTLEBELL SWING 45SEC ON; 15SEC REST

Hold the kettlebell between your legs with both hands. Back straight, swing the KB forward until it reaches eye level. Lower with control.



PLANK 45SEC ON; 15SEC REST

A key move for men who want iron abs but hate crunches. Set up with your hands under your shoulders, body straight. Don't let your hips drop.

AT A GLANCE

PRICED BELOW £20	<input checked="" type="checkbox"/>
OFFERED NATIONWIDE	<input checked="" type="checkbox"/>
HIGH CALORIE BURN	<input checked="" type="checkbox"/>
TECHNIQUE ADVICE	<input checked="" type="checkbox"/>
NO NEED FOR EXTRAS	<input checked="" type="checkbox"/>
EQUIPMENT FREE	<input checked="" type="checkbox"/>
FOR ALL LEVELS OF FITNESS	<input checked="" type="checkbox"/>
NO GYM MEMBERSHIP REQUIRED	<input checked="" type="checkbox"/>
MOTIVATING MUSIC	<input checked="" type="checkbox"/>
GROUP SUPPORT	<input checked="" type="checkbox"/>
SCORE	5 / 10
PTS AREN'T OBSOLETE YET	

OUR VERDICT

Say what you will about the value of costly CrossFit classes, but rarely will the instructor disappear mid-workout. While a few glitches in this initial iteration of the app are forgivable, it will take a software update for Jabra to threaten more established digital fitness brands.

Having said that, structured, timed workouts will give those who tend to freestyle their sessions a new sense of focus and purpose. Your mind won't wander like it does when training solo, and you're less likely to grow bored through lack of inspiration, with possible workout combinations ranking in the thousands. Every set and rep is logged, providing you with a host of new PBs to smash.

Turn the voices off and you're left with a decent pair of 'phones that will hold their own against anything functional training can throw at them. That alone makes them a sound investment. 

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REDISCOVER YOUR FORM

IF ALL YOU'VE RACKED UP RECENTLY IS A STACK OF MISSED WORKOUTS, THESE TIPS WILL RETURN YOU TO SLENDER THE SMART WAY

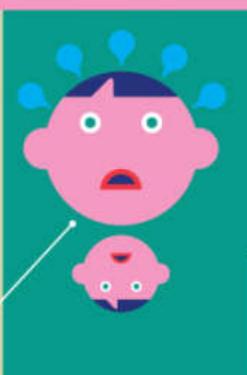
01\ SNAKE IT EASY

We all need a break. But just 24 hours of slouching will increase your blood pressure, while 30 days without exercise could even bring it back up to pre-training levels, reports the University of Connecticut. Fight it with 'the cobra': lie on your front, then lift your upper body, rolling your shoulders back. A minute a day triggers anti-anxiety hormones and increases lung capacity.



02\ MAN IN THE MIRROR

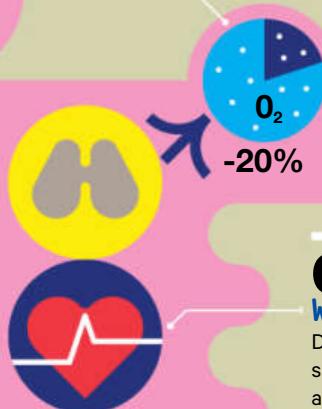
Once you're ready to get back in the gym, don't expect to see instant results. "Your body will have adapted to its cushy new environment," says Alex Davies, a specialist PT for Virgin Active UK. "If you've been off for a week, the time it takes to regain fitness will mirror those seven days. Just like an engine that hasn't been used for a while, you'll need to run your body in for a bit before you hit the accelerator."



GET BACK INTO ACTION,
NOT TRACTION, AFTER
AN EXERCISE BREAK

03\ BREATHING HARD

If deadlines have kept you out of your runners as well as the gym, your lungs will take a hit. Two weeks of sedentarism decreases your muscles' ability to use oxygen by up to 20%, found a *Sports Medicine* study. On days when you've no time to move, eat low-salt meats with oxygen-boosting leafy greens. Call it desktop damage limitation.



04\ WILLING YOU SOFTLY

Don't court injury by trying to smash your first session like a CrossFitter with a point to prove on Instagram. Hastily trying to make up for lost time is a shortcut to the physio. "Instead, gently reintroduce some cardio to get your heart rate up," says Davies. "Then do an all-over body workout, such as a circuit class, so you aren't over-stressing one set of muscles." Best leave your phone in the locker for now.



05\ KEEP ON ROLLING

Stretching will help put DOMS to bed. The American College of Sports Medicine advises four reps of stretches on each major muscle group, holding for 15-60 seconds. But if you can't fit in a 45-minute cool down, try a spot of foam rolling after legs day. Start at the calves and roll up each leg, halting where you feel a knot and increasing pressure until it relaxes. It's a foam party your physio would appreciate.



FITNESS IN THE FAST LANE

DISCOUNTED PROTEIN POWDER? AN AFFORDABLE RANGE OF ACTIVITY TRACKERS? ONLINE RETAIL DESTINATION MYACTIVE+ FROM AWARD-WINNING AXA PPP HEALTHCARE TICKS ALL THE BOXES

Innovation in action is key – any fitness regime will end in plateau if you don't take measures to progress your training. AXA PPP healthcare recognises the need to progress and grow within the field of wellness. Its new online retail destination myactiveplus.com is designed to make popular fitness and wellbeing products available to the public at discounted prices.

With 75 years of providing access to private healthcare, and 1.8 million loyal members, they know a thing or two about supporting a healthy nation. Making healthy choices convenient and affordable is paramount to an active Britain. From healthier snacks and workout fuel, to fitness trackers that monitor activity, wellness technology has come a long way, and now AXA PPP healthcare's MyActive+ serves as a convenient online hub for the UK's leading products. Plus, new inspiration is always readily available with the very latest wellbeing insights, articles and engaging content to motivate you to reach your goals. Do you have a burning question about health or fitness? Need added motivation to supercharge your training regime? Want a more affordable solution for your favourite fitness fixes? Try MyActive+ and get the support you need for the targets you set.



"I love sport and keeping myself fit. I recently purchased a Garmin watch to use during my Ironman UK and it really spurred me on to get a good time."

James Pither, 30 years old, Bicester

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SPORT & FITNESS

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FIGHT THE DARK NIGHT

BEAT THE GLOOM WITH A TWO-MEAL PLAN THAT PROVIDES THE ENERGY YOU NEED TO SHINE BRIGHTLY IN THE DARK OF WINTER

While September is a month of denial, October is all about accepting the gloomy facts: winter is coming. Getting out of bed is a drag, dismal afternoons dampen the mood, and even the most chipper of men can feel the downward pull. This is no indulgence: more than two million men suffer from seasonal affective disorder in the UK. It's a very real form of depression caused by the lack of natural sunlight. Fortunately, the right food on your plate can compensate for the weather. We assembled the 10 best mood-boosting foods and asked Maple & Fitz's Adria Wu to turn them into two energy and immunity-fuelling happy meals. Tuck in and face the day.



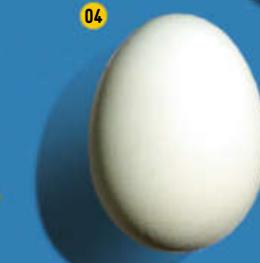
01



02



05



04



03



07



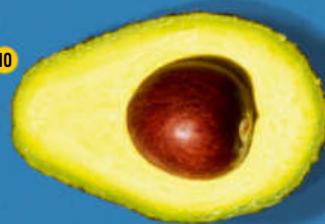
08



06



09



10

01/ Spinach

The vitamin B6 in this veg helps to circulate energising oxygen, making your alarm call more sufferable.

02/ Cottage cheese

Packed with the pleasure hormone serotonin, as well as lots of vitamin B12 to keep your energy levels high.

03/ Sweet potato

Its high potassium levels improve circulation, meaning it'll take more than a frosty start to slow you down.

04/ Egg yolks

The sunny side delivers a payload of, um, sunshine nutrients, including vitamin D3 for boosted immunity.

05/ Turkey

Tryptophan is well established as a mood enhancer and turkey naturally contains more than other poultry.

06/ Olives

These contain the antioxidant hydroxytyrosol, a metabolite of the happiness hormone dopamine.

07/ Peanut butter

Crunchy contains more vitamin H, which turns fats into accessible energy and illuminates dull skin.

08/ Blueberry jam

Buy 100% fruit – no refined sugar. It's a cleaner energy source and the vitamin C keeps sniffles at bay.

09/ English muffin

This high-carb snack speeds tryptophan to your brain, boosting your mood to handle the commute.

10/ Avocado

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EXPERT PROFILE



NAME
ADRIA WU

PROFESSION
CORDON BLEU
TRAINED CHEF

Wu is the founder and head chef at Maple & Fitz eatery in London's Fitzrovia. Every month she offers meal ideas to fire up your tastebuds and your motivation.

02 XMAS COMES EARLY STUFFED TURKEY WITH SWEET POTATO

This comfort lunch's balanced ratio of carbs-to-protein means that it's a nutritional arm around the shoulder that won't put a tyre around your waist

A/ Prick your sweet potatoes with a fork and lay on a tray lined with baking paper. Bake at 180°C until soft (50-70 minutes).

B/ Finely chop the shallot, garlic and olives, then stir them all together with the beaten egg. Add the spinach and season with black pepper.

C/ Lay the turkey strips out flat and divide the spinach mix equally between the top end of the slices. Roll them up and fix each in place with two toothpicks.

D/ Sear the rolls in a hot pan with the olive oil for three minutes per side. Mix the avocado into the sweet potato and garnish with lemon juice, chilli flakes, salt and pepper. Serve with the turkey rolls. Wipe any food off your face when you're done. The smile can stay. ☺

SERVES TWO

- Sweet potatoes, 2
- A shallot
- A garlic clove
- Dry black olives, 8, pitted
- An egg
- Baby spinach, 60g
- Turkey breast, cut into strips
- Toothpicks, 8
- Olive oil, 1tbsp
- An avocado, diced
- A lemon, juice and zest
- Chilli flakes, 2 pinches
- Sea salt and black pepper



01

BLUEBERRY MONDAY PEANUT BUTTER AND JELLY MUFFINS

SERVES TWO

- English muffins, 2
- Peanut butter, 6tbsp
- Cottage cheese, 120g
- Blueberry jam, 4tbsp

As tempting as that pastry looks, a Pret breakfast ain't gonna make you feel any better. Instead, fix yourself a two-minute, brain-energising feed

A/ Start by toasting the muffins. Each one contains as many grams of carbs as two slices of bread, helping your brain to soak up mood-lifting amino acids.

B/ When they pop, top each muffin with peanut butter and then cottage cheese. This unusual pairing provides a hefty dose of casein protein for a lasting release of energy. Not keen on the lumpy consistency? Throw it in the blender for 30 seconds if you have time. (You have.)

C/ Top with blueberry jam and the rest of the PB. Then liberally apply to mouth. You'll be ready to brave the day by the time you get to the front door and stay full until lunch. Which, you'll be happy to hear, we're taking care of next...

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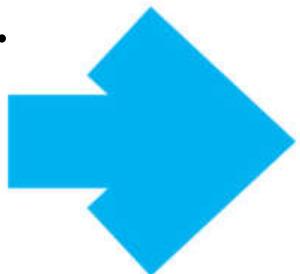
SIGMA
SPORT

Men's Health

ICONS

There are good men, there are great men, and then there are icons – people who stand apart from their peers during their lifetimes and continue to inspire generations to come, long after they are gone.

MH enlisted the services of their friends, family and long-standing admirers to better understand their enduring influence and their impact on modern manhood



Muhammad Ali The Comeback King

BY CHRIS SMITH
PHOTOGRAPHER

I MET MUHAMMAD ALI
IN MIAMI IN 1964 WHEN
I WAS IN THE STATES

TO COVER THE BEATLES' FIRST

TOUR. Cassius Clay, as he was then, was starting to make ripples in the boxing world so I went down to the 5th Street gym where he was training for his first fight with Sonny Liston. Some PR had come up with the idea of having The Beatles in the gym with him and I got the picture of him appearing to punch one of them and the rest falling over like dominoes. Nobody knew then how special he would be.

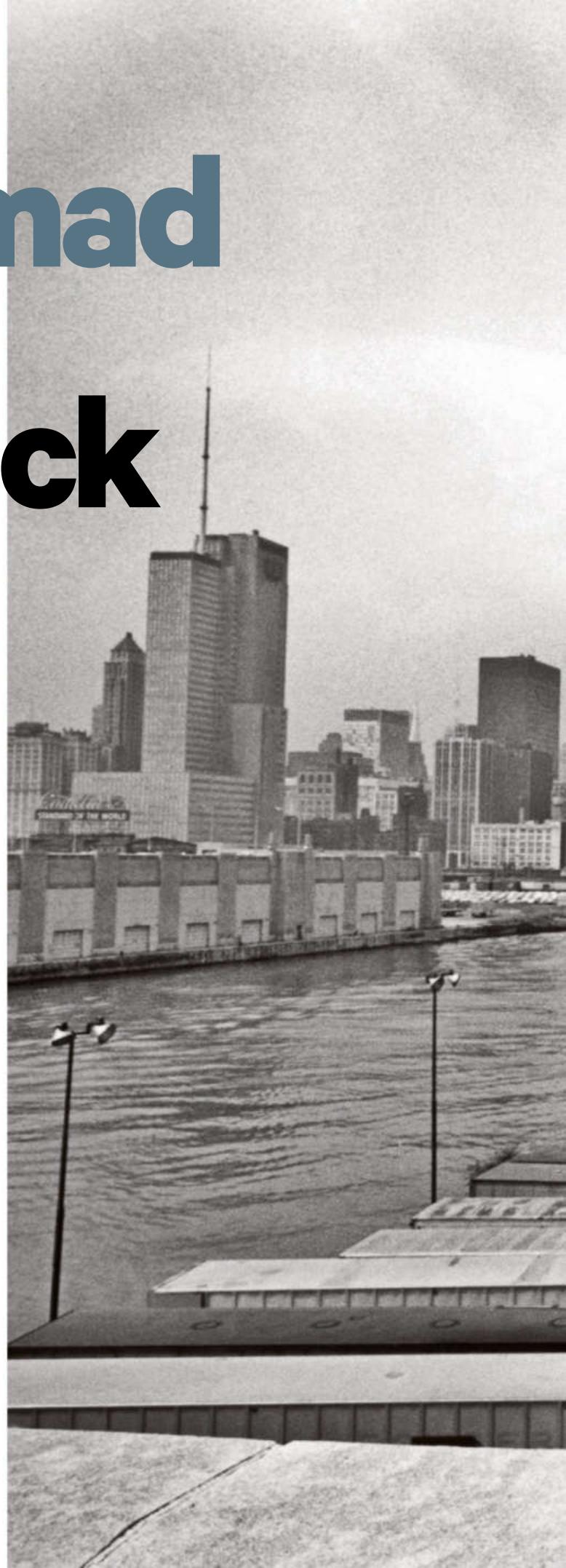
He was young, beautiful, the epitome of an athlete, but no one gave him a chance against Liston. That fight prefigured his extraordinary career with all its comebacks, where he constantly achieved the impossible. His charisma, and personality transcended boxing but his greatness still derived from his heroics in the ring. You never knew what to expect with him. [The boxing writer] Hugh McIlvanney and I met him very early on a training run. There were still stars in the sky and I pointed out a satellite. Ali responded, "That ain't no satellite, that's one of the spaceships sent up by the wise men in the East." He then described how a fleet

of spaceships was going to destroy all US cities "for what they done to the black people". Despite that, I think he was completely colour blind. He was always friendly, charming and inclusive to me and everyone that he met.

His level of fame is hard to comprehend. I saw Frank Sinatra at the first Joe Frazier fight and he was taking photos for *LIFE* magazine. He only did the job to get into the fight; it was impossible to get a ticket.

In the ring you rarely saw Ali blink. He'd watch the punches come at him. He had lightning reflexes obviously, but when he was hit he never shied away and he never blinked. He was the same outside the ring. He never shirked a challenge, whether it was from the boxing authorities, the US government or ultimately his own once-perfect body. He's always faced them with his eyes open, with defiance and unwavering bravery.

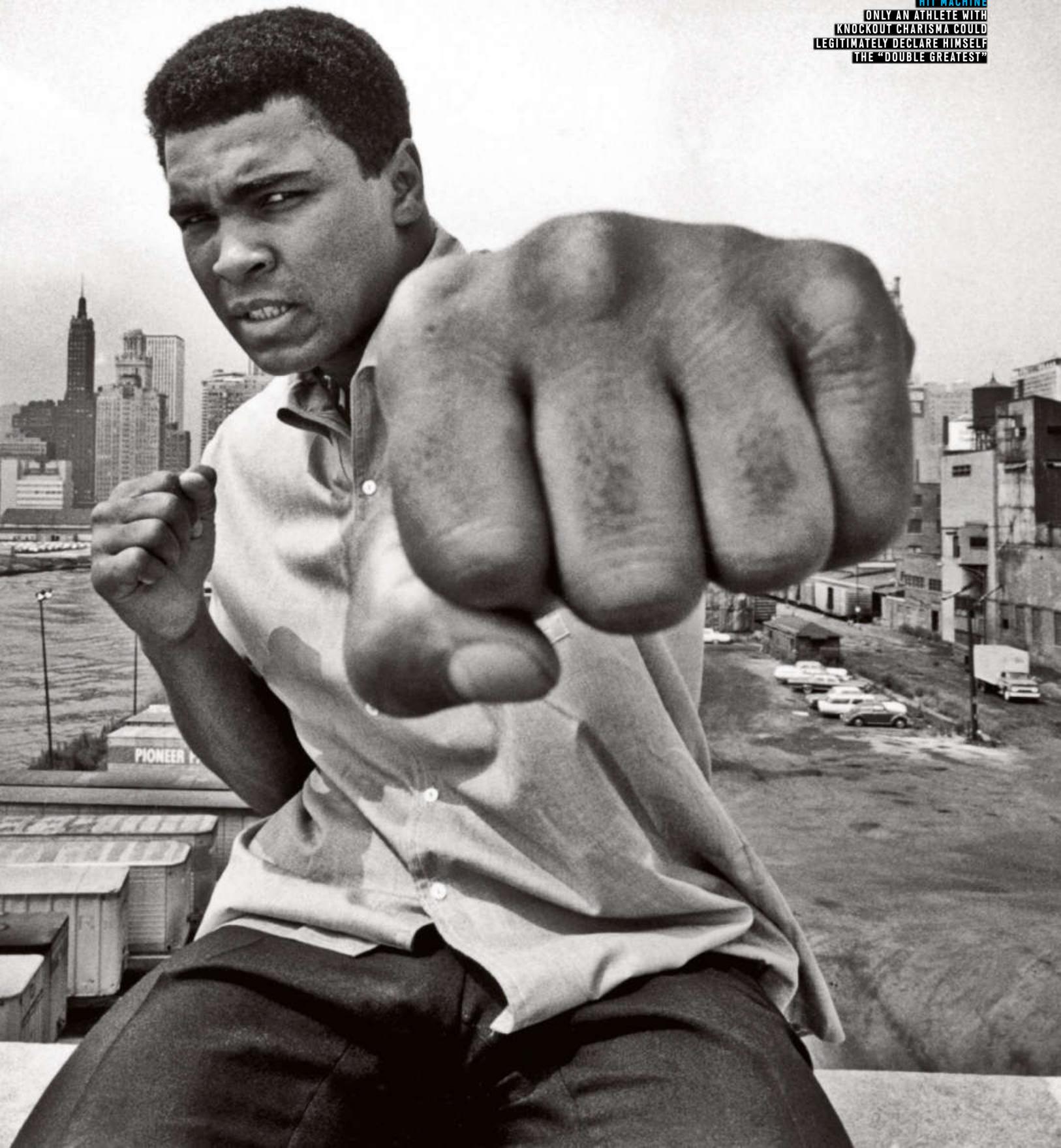
Four-time Sports Photographer of the Year Chris Smith snapped Ali countless times during his 30 years at The Sunday Times





HIT MACHINE

ONLY AN ATHLETE WITH
KNOCKOUT CHARISMA COULD
LEGITIMATELY DECLARE HIMSELF
THE "DOUBLE GREATEST"



Marlon Brando

The Original Method Man

BY JAMIE MILLAR
MEN'S HEALTH STYLE EDITOR

 MARLON BRANDO
FIRST CAME TO MY
ATTENTION IN A GCSE
ENGLISH LITERATURE CLASS.

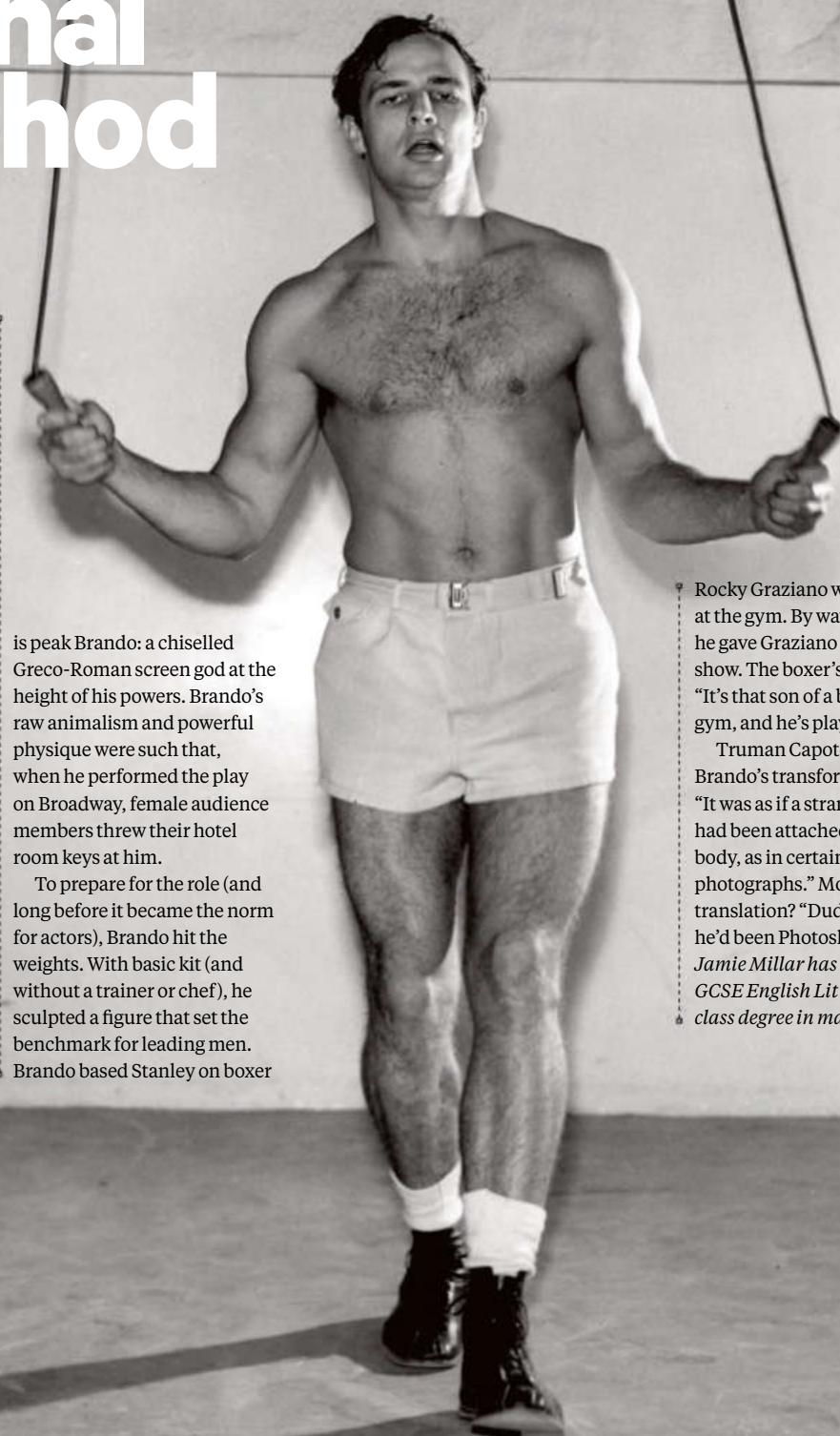
We were studying Tennessee Williams' *A Streetcar Named Desire* and to accompany the text we watched the 1951 film. When Brando swaggered on screen, wearing a tight vest and clasping a bottle of beer, the effect on the girls was palpable. Meanwhile, the boys all felt a strange urge to go and do some press-ups, sharpish.

Depending on your age and/or taste in films, there are many Brandos. You might know him as a stuffed-cheeked Vito Corleone, the method-acting Godfather. Perhaps it's *Apocalypse Now*'s Colonel Kurtz, dressed and shot in black to hide how fat he was when he arrived on set. For me, *Streetcar*'s Stanley Kowalski

is peak Brando: a chiselled Greco-Roman screen god at the height of his powers. Brando's raw animalism and powerful physique were such that, when he performed the play on Broadway, female audience members threw their hotel room keys at him.

To prepare for the role (and long before it became the norm for actors), Brando hit the weights. With basic kit (and without a trainer or chef), he sculpted a figure that set the benchmark for leading men.

Brando based Stanley on boxer



Rocky Graziano who he'd met at the gym. By way of thanks, he gave Graziano tickets to the show. The boxer's reaction: "It's that son of a bitch from the gym, and he's playing me."

Truman Capote summed up Brando's transformation thus: "It was as if a stranger's head had been attached to a brawny body, as in certain counterfeit photographs." Modern translation? "Dude looked like he'd been Photoshopped".

Jamie Millar has an A* in GCSE English Lit and a first-class degree in man crushes



SETTING THE SCENE
BRANDO WROTE THE
RULEBOOK FOR LEADING
MEN IN YEARS TO COME

03
ICON

The Rock The Wrestler With Humility

BY JAMES KING
FILM CRITIC

ALL PHOTOGRAPHY: THOMAS HOEPKER / MAGNUM PHOTOS | BRANDO PHOTOGRAPHY: MICHAEL PRINCE / FORBES COLLECTION | CORBIS OUTLINE



ROCK STAR
THE BIGGEST MAN IN HOLLYWOOD CONTINUES TO DEFY EXPECTATIONS

→ **DWAYNE JOHNSON
MAY HAVE MADE
HIS NAME IN THE**

PANTOMIME WORLD OF WWE, but as the great man says, "It doesn't matter!" And it doesn't. We fans can easily edit the hokier aspects of his oeuvre from memory and instead focus on his serious fitness pedigree coupled with incontestable personality.

The 10-time wrestling world champion gets up at 4am to train, 90 minutes a day, six days a week. At 43 years old, the guy looks better than ever. Meanwhile, jumping on board the *Fast & Furious* franchise just shows he's got a business brain to match the traps.

Taking over Schwarzenegger's mantle as Hollywood's go-to man mountain, he radiates warmth and modesty. He's the kind of mate you want to set the world to rights with as much as spot you in the gym.

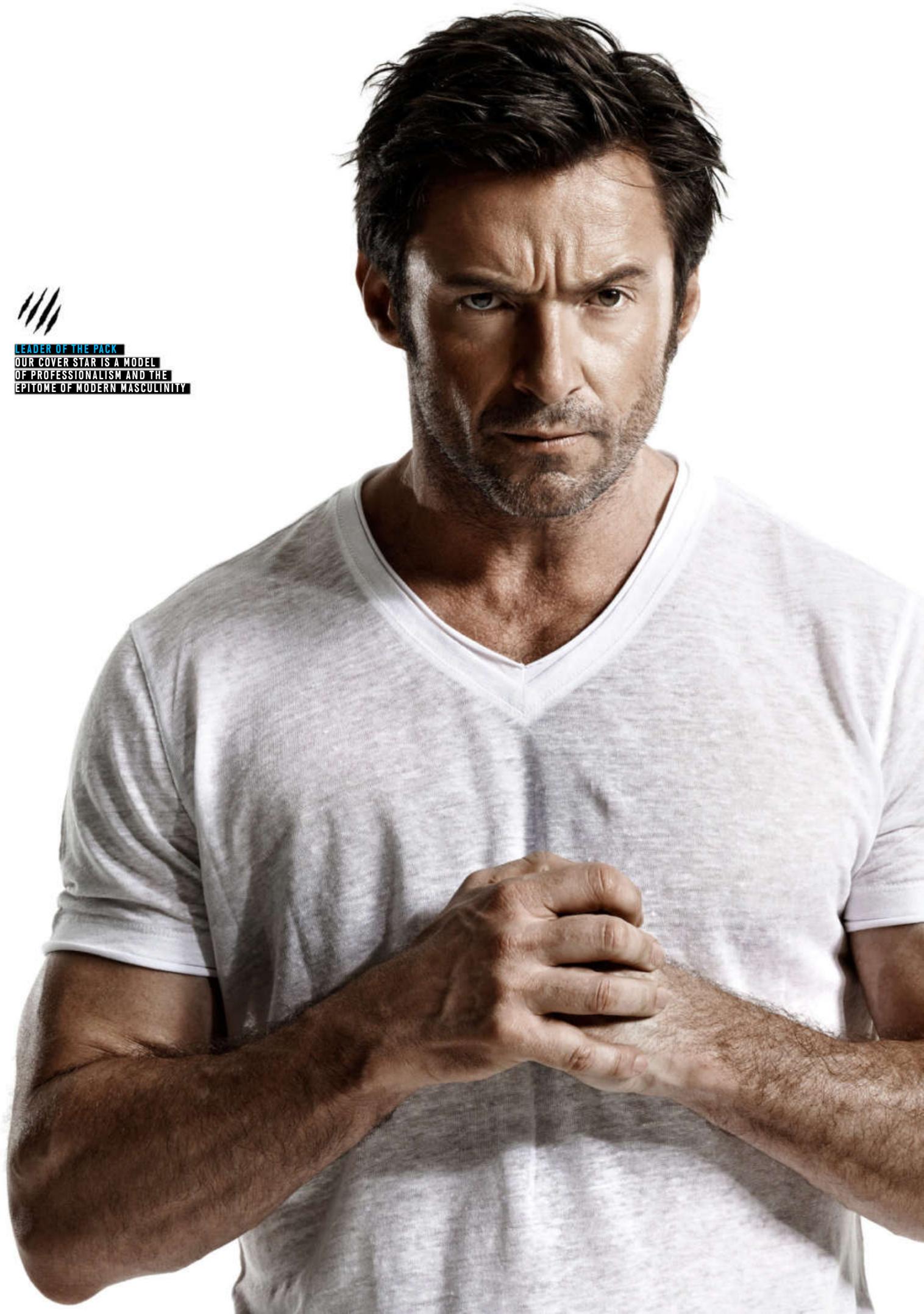
OK, so he's hardly a chameleon. You know what you're going to get. But like his old pseudonym The Rock, it's his granite-like resistance to change that's his greatest asset. He's like the anti-Daniel Day-Lewis. In a world of mercurial actors desperate to prove their versatility, it's reassuring to know that Dwayne will always be resolutely Dwayne.

James King is presenter of The Movie Show and a qualified fitness instructor





LEADER OF THE PACK
OUR COVER STAR IS A MODEL
OF PROFESSIONALISM AND THE
EPITOME OF MODERN MASCULINITY



Hugh Jackman

The Nicest Bad Guy

BY IAN RICKSON
DIRECTOR**THERE'S JUST REALLY SOMETHING SPECIAL ABOUT HIM.**

He's absolutely iconic in his raw masculinity, and yet he's sensitive to other people and to the world at large. In fact, you'd struggle to find another bloke – let alone actor – who better encapsulates modern manhood than Hugh. As a director, you want actors for certain parts who have that 'weight' and inherent maleness. But you're looking for a more feminine and intuitive side, too. That's when his Wolverine is at his best: when he's exiled and cramped and suddenly has to work out how he's going to come back and be a fighting man.

Last year I directed him in a play on Broadway called *The River*. Typically, he was a joy to work with. In one scene he had to prepare a fish onstage to cook, so he'd come in early every morning to work out

the best way of gutting and filleting fish. "Ah mate, get me six, I'll come in at half-eight and do 'em in a row." He didn't have to do that. It was a testament to his incredible work ethic.

As we were finishing rehearsals in New York, I was running and got hit by a bike. I ended up in intensive care with a fractured skull and a brain bleed. Hugh was the first person to the hospital. He spoke to my wife back in London every day, giving her health reports. He brought in one of the best doctors in New York. He let all the nurses take selfies with him, eventually.

He does things like that, immediately thinks of others. One of our actresses was English, and there was something she needed to sort out for her boyfriend back in London. Hugh just fixed it. Not his entourage: him.

It sounds like I'm idealising a star, creating some kind of fantasy. Yet I've found that sometimes the people who reach Hugh's level in life and

work are extremely generous and thoughtful, and that's partly how they've got there. They've used their empathetic warmth and it's a kind of magnetic energy. Hugh's generosity of spirit is a self-fulfilling thing that creates more good energy around him.

Ask any of the other people who've worked with him and know him, and they all tell you the same thing. So then you suddenly think, 'I've got to find some chink in this guy's armour.' But I never have. There are so many things about being a good man underneath your physicality, and Hugh has them all.

Ian Rickson is a theatre director and close friend of Jackman. His work includes Hamlet with Michael Sheen, and The Red Lion at The National Theatre

... AND THE BODY THAT MADE HIM**by David Kingsbury,
personal trainer**

I've trained Hugh on six films, and I've never had to convince him that the gym is a good idea. We once flew from Korea to Montreal, landing at 4am. We were in the gym by 5am, and on set at 7am. That's not a freak event. Ahead of a working day that might run until 7pm, it's not unusual for Hugh to be up at 3.30am to train.

He understands that it's much easier to maintain a level year-round and step it up for a role, than start from scratch each time. He didn't start training seriously until his late twenties, but he's now getting stronger every year, even at the age of 46. Hugh has increased the amount of heavy lifting he does, and that's responsible for the body you see on the screen. But it's nothing compared to his mental strength.

David Kingsbury specialises in preparing actors and has worked with Jackman on films such as The Wolverine and Les Miserables



05
ICON

Iggy Pop The Inventor Of Punk

BY PAUL TRYNSKA
IGGY POP BIOGRAPHER



GOLDEN AGE
NOW PUSHING 70, IGGY HAS ENERGY AND INSPIRATION TO RIVAL ANY NEW TALENT

WE CAN LOVE ARTISTS BECAUSE THEY'RE CLEVER AND WE CAN

LOVE THEM BECAUSE THEY'RE STUPID. Iggy Pop is a champion in both categories, an architect of today's music and a poster-boy for self-destruction and heroic comebacks.

Alongside his legendary band The Stooges, he created a brutal, monolithic sound. Audience reaction was so hostile that the then Jim Osterberg created the Iggy Pop alter-ego to brazen it out. Hitting the stage in ripped

jeans and a dog collar, his bare, lithe torso echoing the stripped-down music, he was the ultimate frontman, famously once even walking on top of a mesmerised crowd. David Bowie bought the movie footage to copy his moves.

The Stooges crashed and burned, succumbing to drugs, violence and record company indifference. But Iggy's gift turned out to be his sheer stamina. He recovered from a mental tail-spin via hard work and long runs in the California sun, before escaping with Bowie to Berlin to craft a now radical electronic music.

Decades on, he reunited the Stooges to find the world had finally caught up with them.

These days, Iggy's resilience – and torso – is mostly due to a spartan regime, living in a cottage in downtown Miami, practising Tai Chi in the open air, drinking a single glass of red wine after a show. Nearly 50 years on, he's still an untameable physical force, his music sounding more contemporary than ever.

Paul Trynka is a music writer and author of Iggy Pop: Open Up And Bleed: The Biography

06
ICON

Daniel Craig The Coolest Bond

BY MIKE SHALLCROSS
MEN'S HEALTH DEPUTY EDITOR



THERE USED TO BE TWO JAMES BONDS.

Most of us knew the cinematic one: wise-cracking and gadget-obsessed. For the more complex and brutal Bond conceived by Ian Fleming you had to go back to the books.

In 2006, that Bond burst out of the pages. Daniel Craig gave Bond his dark soul back within 15 minutes – killing three men without a single pun. *Dr No's* defining moment is Connery 'appreciating' a bikini-clad Ursula Andress, but *Casino's* was its isomer as Craig emerges from the waves in his trunks. The spy turned spied on.

Similarly modernized was his love interest, Eva Green. No damsel in distress, she was now the one with the lines: "As charming as you are, Mr. Bond, I will be keeping my eye on our government's money – and off your perfectly formed arse."

The subsequent films have confirmed him both as ruthless as Fleming's Bond, and as nervy as today's narcissistic, disordered world. And yet he has fun with Bond's clichés. *Spectre* even sees him in a Connery-style white tuxedo. If Craig can make that cool again, he will be at an all-time high.

Mike Shallcross is delighted

that a fellow scouser plays 007



LIVE & LET DIE
FLEMING'S BOND FOUND A NEW LEASE OF LIFE



07
ICON

Michael Jordan The Athlete Who Could Fly

BY JASON MAYDEN
DESIGNER



CREATIVE. ATHLETIC.
AUTHENTIC. DRIVEN.
ASPIRATIONAL.

All these words could be accurately used to describe a man who, in large swathes of my native United States, is regarded as the greatest athlete to ever walk the Earth: Michael Jordan.

As a child growing up on the Southside of Chicago, I had the great fortune to bear witness to the beauty and limitlessness of human potential.

Jordan was an iconoclast who would not be confined nor defined by the often misguided stereotypes of black achievement. He represented honour, brotherhood, collective achievement and the complexity of the human



spirit. That might sound histrionic, but if anything I'm downplaying the public feeling toward him at the time.

His victories were our victories. His losses were our losses. We watched him fulfil his dreams. We watched his raw emotion in 1996 as he lay prone on the floor of the Bulls locker room after winning his fourth championship on Father's Day, when his father had been gunned down three years previously to the day.

We made him our own. Chicago has also suffered tremendous loss. It is a city full of dreams deferred and yet we found direction and courage in Jordan's achievements. His journey toward greatness was one of sacrifice and defeat. We all wanted to be like him.

Today, the Air Jordan shoe stands as a cultural Rosetta Stone by which greatness can be deciphered and extended. And this is what fuelled

Jordan's ascension from 'The Man' to 'The Brand'. Jason Mayden is the former global design director for Nike's Jordan brand

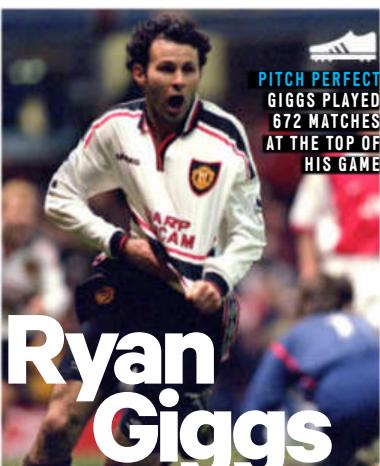


SLAM DUNK

JORDAN'S AERIAL ABILITIES
INSPIRED GENERATIONS OF SPORTS
FANS (AND A TRAINER EMPIRE)

Gatorade
Slam-Dunk Championship





PITCH PERFECT
GIGGS PLAYED
672 MATCHES
AT THE TOP OF
HIS GAME

Ryan Giggs

The Fleet- Foot Magician

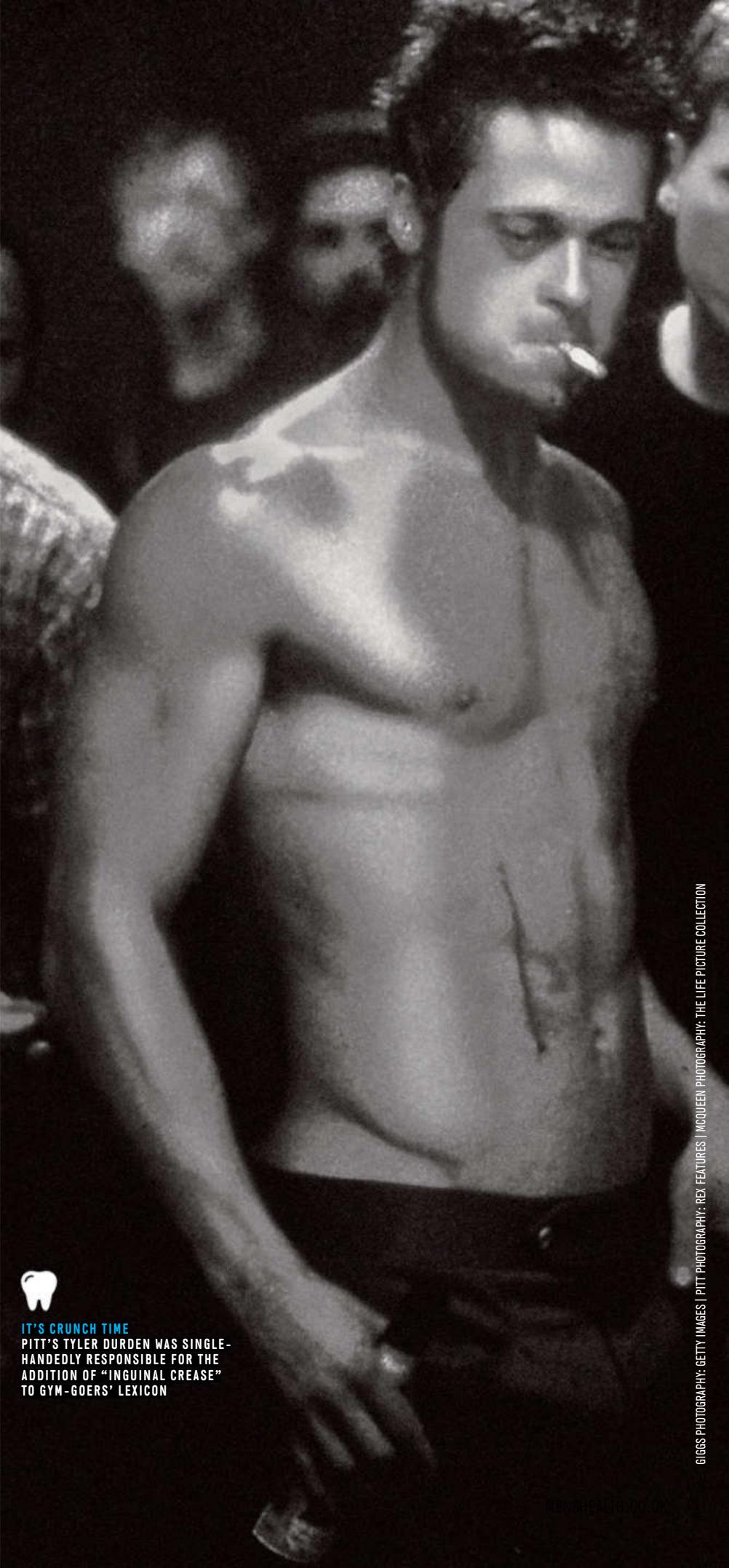
BY JOE LOVEJOY
SPORTS WRITER

ARMED WITH A
ROGUISH GLINT IN HIS
EYE, A RUG OF HAIR ON

HIS CHEST AND A DEVASTATING
LEFT FOOT, Ryan Giggs was
British football's poster boy –
the most exciting player of his
generation, before anyone had
even heard of David Beckham.

The Welshman brought
Manchester United's 'Theatre of Dreams' to its feet with his
slaloming runs and sensational
finishes. And never more so
than with his favourite goal,
scored against Arsenal in
the 1999 FA Cup semi final,
which in the space of a few
seconds made some of English
football's most highly regarded
players look like amateurs.

The comparisons with that
other great heartthrob of Old
Trafford – George Best – were
inevitable, but manager Alex
Ferguson instilled a focus and
sheer bloody-mindedness
in Giggs that stopped the
Welshman from following in
Best's toxic footsteps. It not
only enabled him to play at
the highest level until his 40th
birthday, but to become the
most decorated player in the
history of the English game.
*Joe Lovejoy was chief football
writer at The Sunday Times for
15 years and was ghost writer
for Ryan Giggs' autobiography*



IT'S CRUNCH TIME
PITT'S TYLER DURDEN WAS SINGLE-
HANDEDLY RESPONSIBLE FOR THE
ADDITION OF "INGUINAL CREASE"
TO GYM-GOERS' LEXICON



09
ICON

Brad Pitt The 6-Pack Poster Boy

BY JOHN NAUGHTON
MEN'S HEALTH WRITER

SEX AND THE MOVING IMAGE HAVE BEEN SINUOUSLY INTERTWINED EVER SINCE 8TH-CENTURY JAVANESE SHADOW PUPPETEERS FIRST CAST A LIGHT ON THEIR EXOTIC, EROTIC CREATIONS. Gods of the silver screen have formed an unbroken chain from Valentino to Gosling, creating unquenchable crushes and bountiful box office with just a smouldering look.

In 1991, Brad Pitt joined their ranks with a cameo of snake-hipped sensuality in *Thelma & Louise*. By the end of that decade – thanks to the shredded physicality and explosive violence of *Fight Club* – Pitt proved he was more than a pretty boy and had broadened his appeal to include, well, everyone. He updated the old James Bond maxim that men wanted to be him and women wanted to be with him. For Pitt, it was more straightforward: women and men shared the common purpose that both wanted his body. The search for the six-pack had begun.

Pitt's dilemma since then – miniature violins at the ready – has been to persuade audiences to gaze beyond his looks to see the fine actor beneath. There have even been whispers of contracts demanding covered torsos. He undermined his cause somewhat with his leather-skirted, bulked up performance in *Troy* where he played Achilles, but could have doubled for Adonis. Yet, Pitt seems not to take all this too seriously. He knows that we know one true fact which he conveys with a crooked grin of infinite charm and a swivel of those still-slim hips: it will always be cool to be Brad Pitt. *John Naughton is a journalist and film buff. He has never had a six-pack*



10
ICON

Steve McQueen

The Cooler King

BY TOBY WISEMAN
MEN'S HEALTH EDITOR



RIDING THE HIGH
MCQUEEN WAS AN ACCOMPLISHED
MOTOR BIKE RIDER AND DID MOST
OF HIS OWN STUNTS

THE WORLD'S FIRST MODERN
MEN'S MAGAZINE SHOOT DID
NOT FEATURE IN A MODERN
MEN'S MAGAZINE.

It appeared in the 12 July 1963 edition of *LIFE* and it followed a 33-year-old Steve McQueen, then teetering on the cusp of *Great Escape* stardom, in and around his Californian home over the course of a few weeks. This photo-story encapsulated everything that would earn its subject his King Of Cool sobriquet. From bombing down Sunset Boulevard in a Jaguar to working out in the Paramount Pictures gym, flirting with his wife Neile in their Palm Springs bungalow to shooting pistols in the desert, it's an icon's handbook, a testament to McQueen's

effortless ability to look cooler than any man before or since.

None of these things are what draw me to him now, however. He still looks as cool as the proverbial, of course, but it's the quieter, brooder McQueen moments that resonate more. Forget the car chases and there's an intensity to his depiction of the domestic Frank Bullitt, for example, that speaks of a simmering, caged anger, a bundled mass of emotion barely contained. Much as I'm fond of a galloping Ford Mustang, it's this raw and complex depiction of alpha masculinity that makes him a true male icon. Less new man, more true man.

Steve McQueen was not of the method school. He came from a broken home and was a fractious, wayward youth.

When, after having held down jobs as lumberjack, oil rigger and marine, he won a scholarship to New York's Actors' Studio, he went at it knowing that, "I couldn't fail because it was the only thing I knew how to do." The best directors let his unbaked character shine through. It didn't make for better technical acting but what we got was as true a representation of masculinity as we'll ever see.

In 1979 – a year before his death – McQueen gave a rare interview. He was asked: why the silence? "For one thing," he replied, "I don't have anything to say." He didn't need to.

Toby Wiseman's favourite McQueen paramour is Jacqueline Bisset in Bullitt

11
ICON

Bruce Lee The Godfather Of MMA



KUNG FU DEITY

LEE IS HAILED AS ONE OF THE TWO
BEST REGARDED MEN IN CHINESE
HISTORY. THE OTHER IS CONFUCIUS

→ NOBODY COULD LOOK
THE WAY MY FATHER
LOOKED WITHOUT A
SERIOUS AMOUNT OF EFFORT.

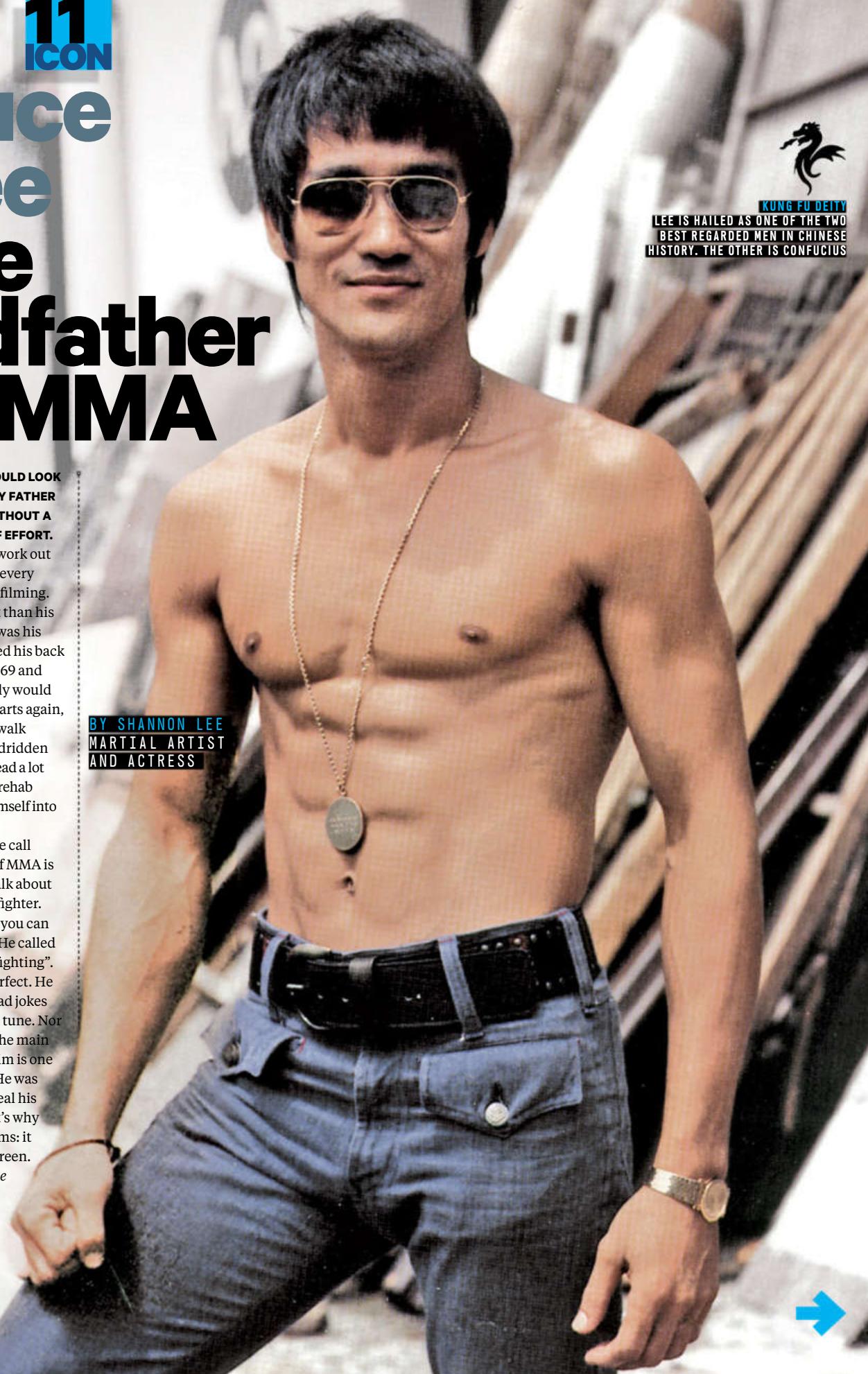
He would typically work out for four to six hours every day when he wasn't filming. But more important than his physical discipline was his willpower. He injured his back toward the end of 1969 and was told that not only would he never do martial arts again, but he might never walk properly. He was bedridden for months but he read a lot and created his own rehab exercises, and got himself into the shape of his life.

The reason people call him the godfather of MMA is because he would talk about being a "complete" fighter. Watch his films and you can see all of the styles. He called it "scientific street-fighting".

My dad wasn't perfect. He loved to tell really bad jokes and couldn't carry a tune. Nor could he cook. But the main lesson I take from him is one of self-cultivation. He was always trying to reveal his essence. I think that's why we still watch his films: it just jumps off the screen.

Shannon Lee is Bruce
Lee's daughter
and founder of
The Bruce Lee
Foundation

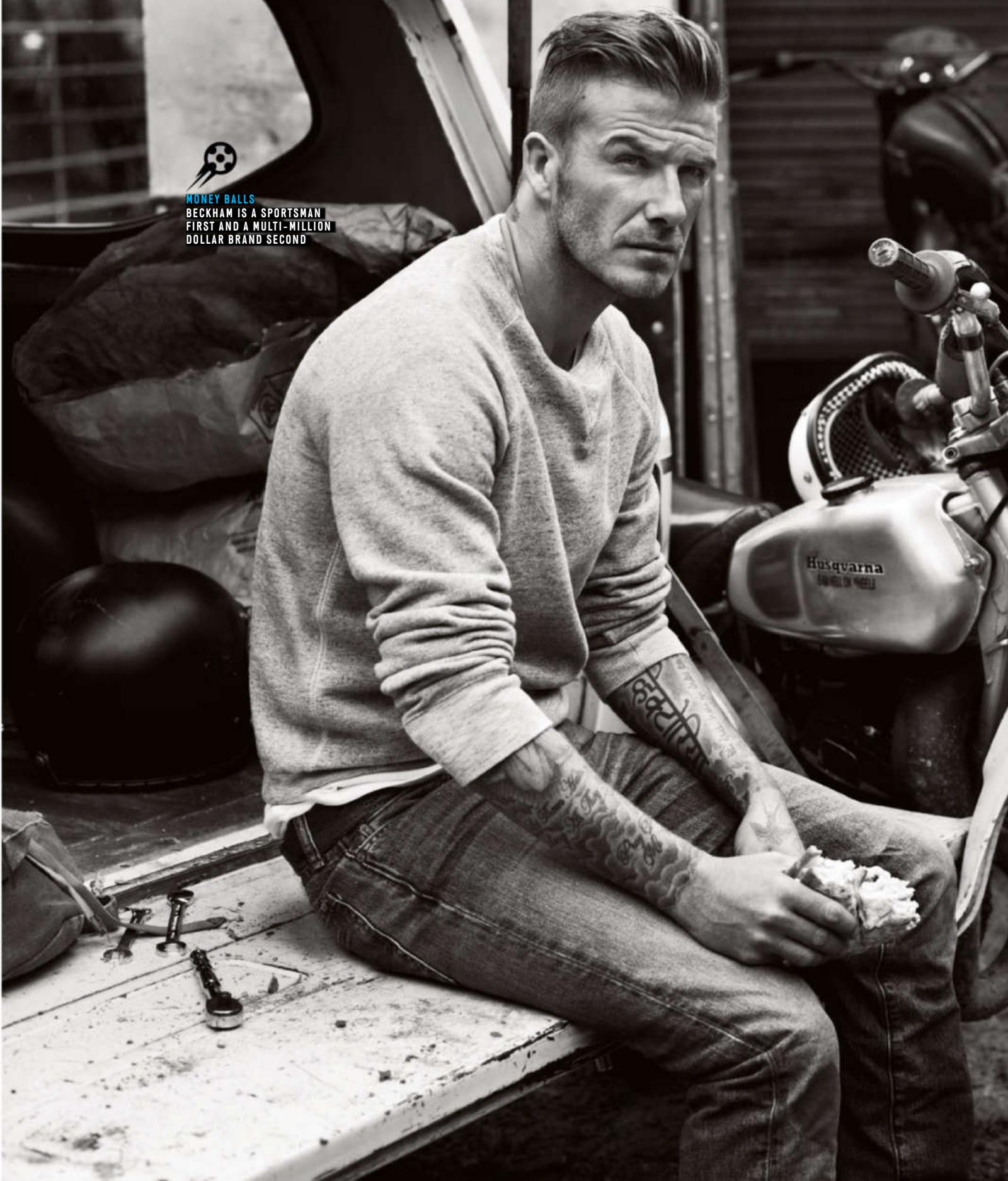
BY SHANNON LEE
MARTIAL ARTIST
AND ACTRESS

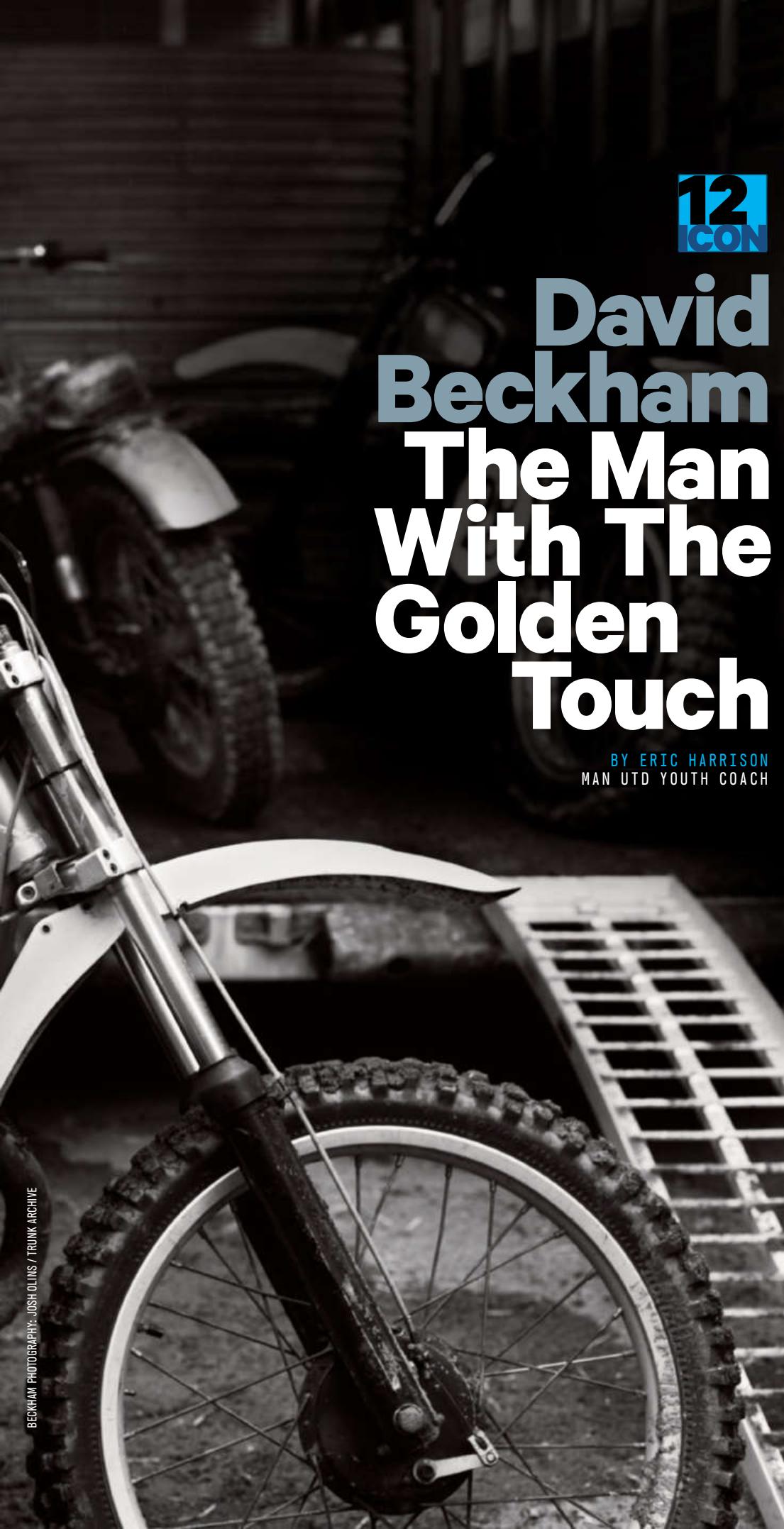




MONEY BALLS

BECKHAM IS A SPORTSMAN
FIRST AND A MULTI-MILLION
DOLLAR BRAND SECOND





12
ICON

David Beckham The Man With The Golden Touch

BY ERIC HARRISON
MAN UTD YOUTH COACH

I WAS THE YOUTH COACH
AT MANCHESTER
UNITED FOR THE

FAMOUS CLASS OF '92. If anyone wanted to stay behind after training and do more, they could. David put his hand up straight away, every time. He was fanatical.

We'd have little practice matches and give him chances to score goals from dead balls. But the thing that he did best was the crossbar challenge. We'd line up balls and ask him to hit the crossbar from various points on the pitch; 20 yards, 25 – he never missed.

He's not shy as such, just quiet. When he started playing in the youth team, his skills and knowledge of the game immediately came out. With David, I was certain he was going to be a first-team player for a long, long time.

The Class of '92 were so good. I can't remember them losing any youth games. That was largely down to the fact they had such a laugh in the dressing room and David was central to that.

When David did get in the first team, there was a bit of mickey-taking with him from the senior players, like there always is, but he took it well. Off the field, he was always modest and never bragged. On it, his football did the talking for him.

In time, he started to resemble a film star more than an athlete, but I can tell you he always thought about being a footballer first. I'm proud of him. He had talent, but it was his effort and the way he took things on board that elevated him above other players. Take it from me: he deserves everything he's achieved.

Eric Harrison was youth team coach at Manchester United from 1981-1998, and still coaches part-time



13
ICON

Georges St Pierre

The Caged Artist

JUST AFTER THE
TRASHY AGGRESSION
OF THE UFC'S

ADOLESCENCE BUT BEFORE IT
GREW UP AND FULLY DONNED

ITS CORPORATE GRIMACE,
a softly-spoken French-Canadian stepped into the cage and began a career in the octagon that would change mixed martial arts forever.

On the scorecards, Georges St Pierre (known as GSP) is the UFC's most successful welterweight by some margin. His 25-2-0 record dominated the division for a decade and included a nine-bout streak of title defences; one that only ended when he relinquished his belt for a fighting hiatus.

But no amount of stats can quantify GSP's real impact. Not even the UFC itself could truly grapple with his potential to give its owners the legitimate veneer they craved. He wore a suit to press conferences and was respectful of his opponents, who talked trash from under the brims of their gaudy

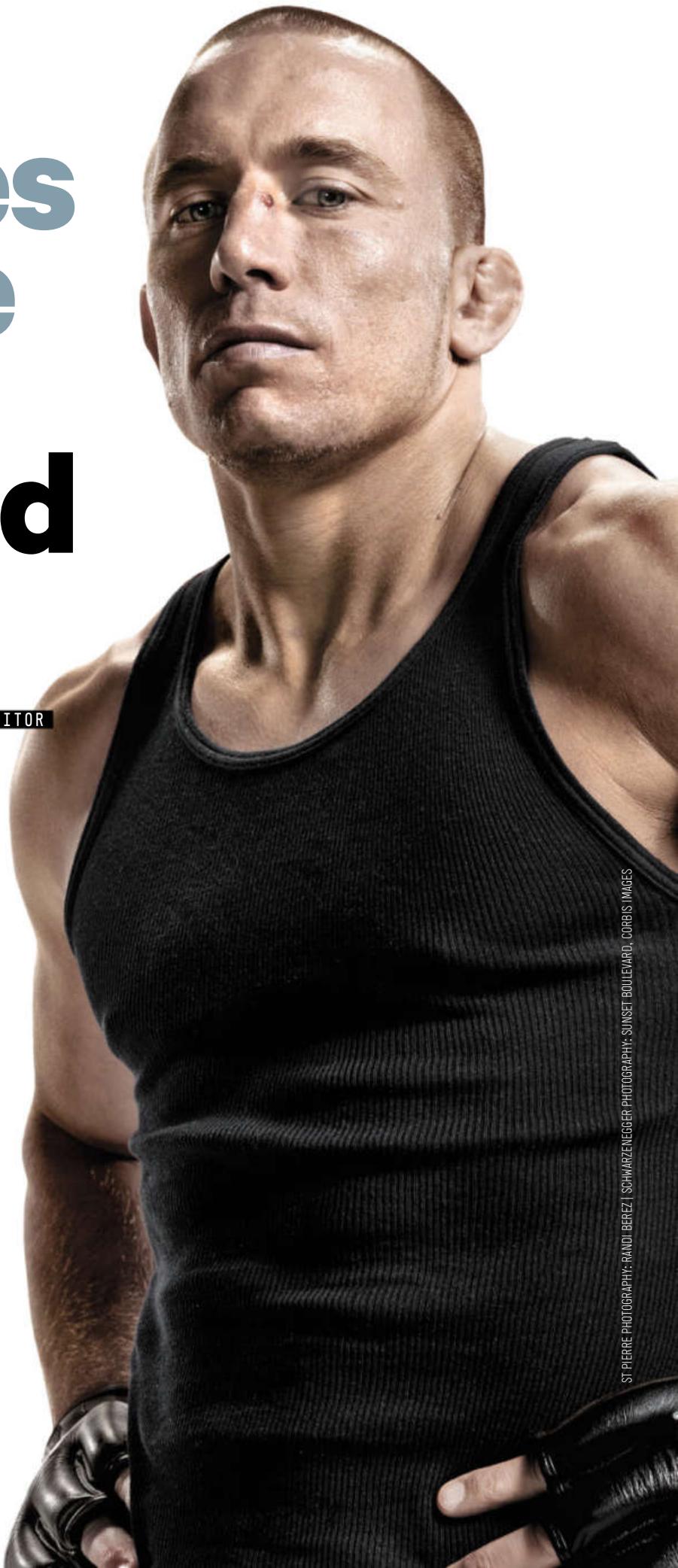
BY DAVID MORTON
MEN'S HEALTH SENIOR EDITOR

snapbacks. On fight night he wore a *gi* to the cage, bowing to the judges and spectators as others beat their chests and brandished middle fingers.

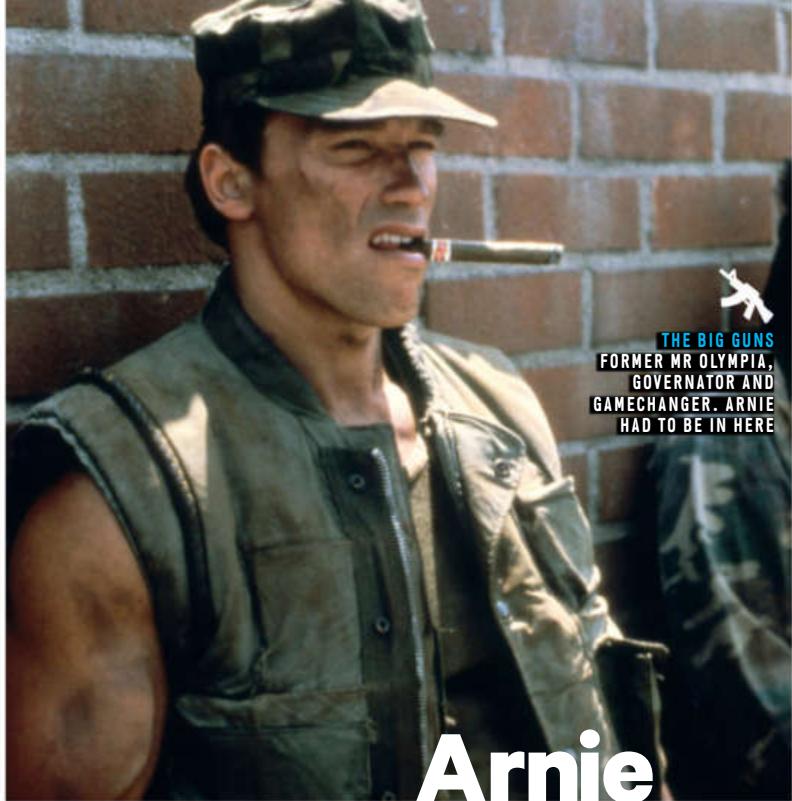
When the bell sounded, GSP did not so much demolish his challengers as dismantle them. A better striker than the boxers, more dangerous on the ground than the jiu-jitsu specialists and a technical wrestler who could take down all-Americans, St Pierre was studied in his artistry. He was never simply a UFC fighter who became a better athlete. GSP was a world-class athlete who chose to be the best UFC fighter.

Vacating his title when his attempts to improve drug testing in the industry were shut down, St Pierre has left the cage door open for a return to the fight game he turned into a professional sport. If he does choose to step back inside the octagon, you can expect the shape of MMA to change all over again.

David Morton has a pro MMA record of 0-1-0



ST PIERRE PHOTOGRAPHY: RANDI BERZER | SCHWARZENEGGER PHOTOGRAPHY: SUNSET BOULEVARD, CORBIS IMAGES



PRIZED FIGHTER
GSP'S COMBO OF DEDICATION
AND HUMILITY TRANSFORMED
MIXED MARTIAL ARTS



THE BIG GUNS
FORMER MR OLYMPIA,
GOVERNATOR AND
GAMECHANGER. ARNIE
HAD TO BE IN HERE

"you have to go with that," said James Cameron who initially had in mind a lithe Jurgen Prochnaw-type for the role of the Terminator, until he sat down to lunch with the 109kg Austrian, whose face and musculature photographed like a piece of the landscape. Does a mountain need to act?

Arnie not only redefined the role of the Terminator but reshaped American movies in the process, shrugging off the sweaty, self-flagellating martyrdom of Stallone, and ushering the action movie into its high-tech, heavy-metal phase: ironic, monosyllabic, post-human.

Schwarzenegger's sheer improbability was always his greatest weapon. He strained credulity in an era of cinema that regularly stretched credibility, as fantastic as any special effect. These days, the action hero has gone on a low-carb diet. Audiences prefer slimmed-down ephebes such as Chris Evans or Ryan Reynolds to negotiate the hairpin bends of the CGI universe, and even muscle mountains like Dwayne 'The Rock' Johnson ape Arnie in his post-*Twins*, toddler-friendly phase. Schwarzenegger's career remains the model: first muscle to the front, pose for the cameras, decimate the competition, then laugh at yourself. Pump irony.

Tom Shone is a film writer and the author of the book Blockbuster: How Hollywood Learned to Stop Worrying and Love the Summer

Arnie The Model Action Hero

BY TOM SHONE
FILM CRITIC



THE EVOLUTION OF
THE ACTION HERO IN
AMERICAN CINEMA
IN SOME WAYS RESEMBLES
THE SEARCH FOR THE BASIC
BUILDING BLOCKS OF MATTER.

First molecules, then atoms, quarks, neutrons, neutrinos and so on. People thought Robert Mitchum a little taciturn, but he was a model of garrulity when set next to Lee Marvin. People then thought Marvin too brutish until Clint Eastwood came along – and so on down the chain. Until you get to Schwarzenegger, the snickering endpoint of a graph vectored by wordless brutality on the one hand and rippling dorsals on the other: cinema's unsplittable atom.

Early critics who chose to complain about Arnie's rudimentary acting technique missed the point not just of Arnie but of movie acting in general: it's not about pretending but about being; finding a new way of existing onscreen that is unique to you. "He fills the space, and



Spiralize Me

The veg-noodling spiralizer might be an effete totem for #eatclean gurus, but in the right hands it's a powerful nutritional weapon. MH reclaims the much-maligned machine for men who know that good food and good health belong on the same plate

WORDS BY EDWIN SMITH

PHOTOGRAPHY BY PIOTR GREGORCZYK

If you're looking to lay the blame at someone's door, you could do worse than start with those Hemsley sisters. Ever since the healthy eating darlings launched their own spiralizer last year, cauli-rice and cucumber noodles have become the last words on contemporary nutrition.

Other culprits include the "deliciously" vegan blogger Ella Woodward with her courgette ribbons, and Sarah Britton with her celeriac pasta, all of whom have got healthy foodies in a heady spin.

These people are the reason your girlfriend has started fetishising crank handles.

Admittedly, food science is broadly on their side. There's no denying that swapping out your nutritionally defunct durum wheat fettuccine for something fibrous and green

is going to score low-carb kudos. But strip out *all* of the bad stuff, and you lose the fun, too. As Gizzi Erskine – a woman who knows her own appetite – told us: "Spiralized courgettes and pesto? That's not dinner. Put a bit of salmon with it and maybe we're talking." This is our attempt at reclaiming a smart bit of kit for the gourmands: five recipes from five top chefs, all of them spiralized, all of them sensationalized. We suggest you give them a whirl.



Ease Tomorrow's Hangover With A Fish Supper

Red Mullet and Courgetti with Tapenade

BY ALEXANDRE NICOLAS,
EXECUTIVE CHEF AT RIVEA

NUTRITION

407
Calories

23g
Protein

40%
RDA folic acid

Boiling up a bowl of pasta might seem like the most pain-free option after a night out. But swap the linguine for courgette and, thanks to its high folic acid, you'll kick-start your body's natural detox. It also helps mitigate any boozy damage by stabilising your blood glucose levels.

INGREDIENTS

(SERVES 2)

- BASIL LEAVES, 5
- SALTED ANCHOVY
- BLACK OLIVES, 150G
- GARLIC CLOVE, $\frac{1}{2}$
- CAPERS, 1TBSP
- OLIVE OIL, 100ML
- COURGETTES, 3
- BASIL, 2 SPRIGS
- RED MULLET, 2 FILLETS
- THYME, SPRIG

01 Start with the tapenade. Chop the basil, remove any bones in the anchovy fillet and then combine with the pitted olives, garlic and capers in a blender. Now add the olive oil to form a paste.

02 Cut the ends off the courgettes and spiralize them into spaghetti-shaped strands. Sauté them in a frying pan with a drop of oil for one minute. Take the pan off the heat and gently mix in the crushed basil and 1tbsp of the tapenade, then season.

03 Season the mullet with salt, pepper and thyme and slide under a hot grill for a couple of minutes. Finally, rub your plates with the garlic, cover with your courgetti and top with the fish.

Muscle Fuel For Men With Taste

Whole Stuffed Wild Sea Bass With Spiralized Sweet Potato

BY JORDAN SCLARE,
EXECUTIVE CHEF AT BOUILLABAISSE

Bro-science dictates that to bulk up, you need the trusty post-workout ratio of two parts carb to one part protein. But research in *Nutrition Reviews* shows that a small hit of high-GI carbs with protein is the real winner. Think of this recipe, then, as the foodie's answer to an anabolic spike.

INGREDIENTS

(SERVES 2)

- WILD SEA BASS, 2
- LARGE SWEET POTATO
- CHERRY TOMATOES, 10
- GARLIC CLOVES, 2
- THYME SPRIGS, 6
- SEA SALT, 4 PINCHES
- GROUND FENNEL SEEDS
- OLIVE OIL, 4TBSP
- LEMON WEDGES, 4

NUTRITION

200
Calories

23g
Protein

17g
Carbs

01 Not a dab hand with a filleting knife? Get your fishmonger to butterfly your fish, remove the bones but leave the head and tail on. Spiralize the sweet potato into thick spaghetti-shaped strands, mix in a bowl with the halved cherry tomatoes, the chopped garlic, thyme, half the salt and a pinch of fennel powder.

02 Stuff this mix into the fish before using three tooth picks to pin back together. Oil and season the outside, then bake in a hot oven. Added bonus: baking sweet potato transforms it from low-GI into a rapidly absorbed high-GI carb.

03 Plate up with a drizzle of olive oil and garnish with the lemon. While the food works on your muscles, post a pic of your culinary riposte to the joyless fodder found under #spiralizer.

THE SPIRALIZER WILL
MARK A SEA CHANGE IN
YOUR REPERTOIRE

Dress A Rapid Recovery



Spiced Grilled Chicken, Quinoa And Spiralized Asian Vegetable Salad

BY DAVID CAMPBELL, HEAD CHEF AT THE ROYAL CRESCENT HOTEL, BATH

The last thing you want after a tough evening workout is to spend hours slaving over your dinner. With luck, this labour-saving recovery salad will be ready in less time than it takes you to cool down.

INGREDIENTS

(SERVES 2)

- QUINOA, 4TBSP
- CHICKEN BREASTS, 2
- CARROTS, 2
- COURGETTES, 2
- MOULI, ½
- RED ONION, SLICED
- FRESH GINGER, CHUNK
- RED CHILLIES, 2, DICED
- CORIANDER, HANDFUL
- ROASTED PEANUTS, 20G
- BLACK SESAME SEEDS
- SESAME OIL, 100ML
- LIMES, 2

01 With your quinoa simmering, butterfly the chicken and cook on a grill pan for four minutes each side. Peel the inflammation-reducing carrots, courgettes (two of each) and mouli (a radish – use regular if you can't find the Japanese variety) and spiralize them into thin ribbons.

02 Put in a bowl and add the thin slices of red onion, peeled and finely chopped ginger, chilli, coriander and peanuts and 1tsp sesame seeds. The ginger and peanuts give a further anti-inflammatory boost for rapid recovery.

03 Once your quinoa is tender (one part uncooked quinoa to two parts water is ideal), add to the salad. Whisk the sesame oil with lime juice and zest. Drizzle over the salad, and serve with chicken slices, lime wedges and a hint of smugness to garnish.

NUTRITION

334

Calories

34g

Protein

212%

RDA vitamin A

LATE NIGHT GYM
FUEL WITHOUT A
CAN IN SIGHT



Don't baulk at the obvious red flag on our ingredients list – a small hit of sugar will help to stock your muscles with endurance-boosting glycogen. (Most of it will end up down the sink in any case.)

INGREDIENTS

(SERVES 2)

- FENNEL, 2 BULBS
- CIDER VINEGAR, 250ML
- BROWN SUGAR, 250G
- WATER, 250ML
- LEMON, PEEL ONLY
- FENNEL SEEDS, 1TBSP
- MUSTARD SEEDS, 1TBSP
- CUMIN & CORIANDER
- STAR ANISE, 2
- LARGE BEETROOT
- OLIVE OIL, 2TBSP
- ONGLET STEAK, 10 OZ
- ORANGE, PEELED

01 Peel and spiralize the fennel, then cram into a jar. Boil the cider vinegar, sugar, water, lemon peel and spices (tbsp mustard seeds, tsp each cumin and coriander) for one minute and add to the jar, submerging the fennel. Screw on the lid and whack in the fridge for an hour.

02 Peel and spiralize the beetroot. Dress with olive oil, salt and pepper and wrap in foil. This goes in the oven at 200°C for 20 minutes.

03 Sear the beef in a hot pan with a bit of oil, then transfer to the oven for six minutes. Let it rest before cutting into two portions, serving each as the middle of a sandwich, with the beet below and the (drained) fennel on top. Garnish with orange – that sweetness will do for your tastebuds what a dose of nitrate-rich beetroot does for your performance on the road.

Hit Your Stamina Sweetspot

Soused And Spiralized Fennel With Baked Spiralized Beetroot And Onglet Steak

BY JOHN WATSON,
HEAD CHEF AT NO MAN'S GRACE

NUTRITION

455

Calories

34g

Protein

17g

Sugar

A HEARTY STEAK
DINNER FOR
CLEAN EATERS



MAN UP AND GET IN
TOUCH WITH YOUR
FEMININE SIDE

Give Man Flu The Cold Shoulder

Green Mango Cornish Scallop And Raw Spiralized Red Chilli Salad

BY CHRIS ZACHWIEJA,
HEAD CHEF AT BOISDALE
BELGRAVIA

The easiest way to avoid a man-down situation this winter is to lock yourself in a sterilised glass cell, lathered in hand gel. That not being an option, this light, virus-battling recipe is a palatable back-up.

INGREDIENTS

(SERVES 2)

- GREEN MANGO
- RAINBOW RADISHES
- BOK CHOY, 2
- CARROT & RED ONION
- LIMES, 2, JUICED
- RED CHILLI, CHOPPED
- CORIANDER, 10G
- EXTRA-VIRGIN OLIVE OIL
- CORNISH SCALLOPS, 4

01 Wash, peel and spiralize the veggies and fruits, before mixing with half the dressing made from the lime juice, chilli, chopped coriander, and 30ml of oil. Not cooking the vegetables allows you to harness their raw nutritional power.

02 Next, cut the large, de-shelled and cleaned scallops into 2mm slices and layer them on top of the salad, along with the rest of the dressing. The high-zinc scallops combined with the vit C-loaded limes will give your immune system a boost, and seafood's high levels of B12 give your red blood cells an energising lift, too.

NUTRITION

264

Calories

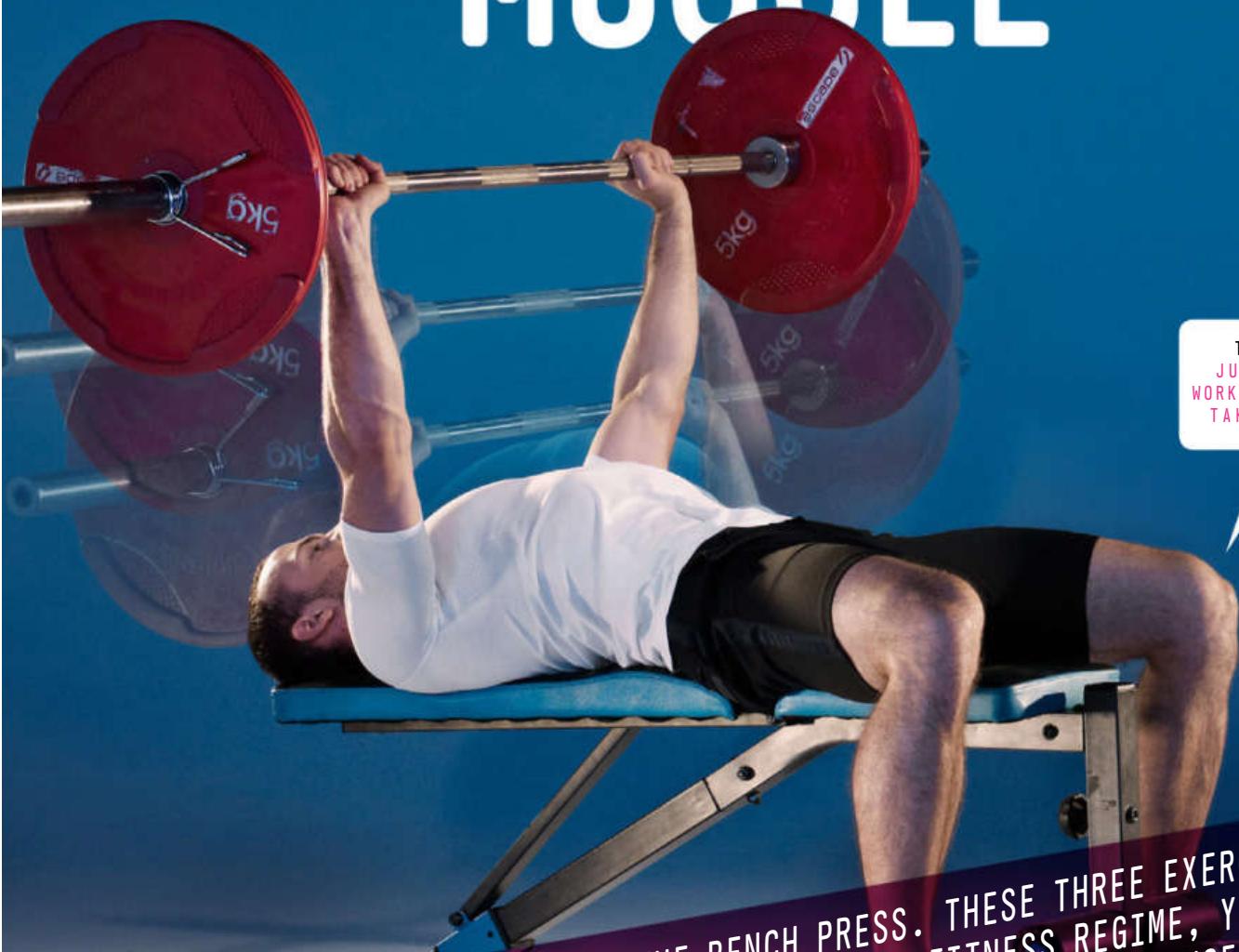
50%

RDA vitamin B12

165%

RDA vitamin C

The HOLY TRINITY Of MUSCLE



THE BENCH
JUST A CHEST
WORKOUT FOR BROS?
TAKE A PEW...

THE SQUAT. THE DEADLIFT. THE BENCH PRESS. THESE THREE EXERCISES SHOULD FORM THE CORNERSTONE OF ANY SERIOUS FITNESS REGIME, YET THEY HAVE SINFULLY FALLEN OUT OF FAVOUR. WITH ATYPICALLY EVANGELICAL FERVOUR, MH EXPLAINS HOW – AND WHY – YOU NEED TO HARNESS THE POWER OF THIS SAINTLY TRIO OF STRENGTH MOVES

WORDS BY DAN MASOLIVER
PHOTOGRAPHY BY DAVID ELLIS



THE DEADLIFT
WHY THE CLASSIC
COMPOUND MOVE
MUST RISE AGAIN

THE SQUAT
SHOULDER THE
BURDEN AND
SACRIFICE FAT

While we loathe to come over all Seventh Day Adventist on you, prepare yourself for the second coming. We're talking about weight training, thankfully. For too long, gym goers and fitness fanatics the world over have been led astray by beguiling fads promising major results for minimal effort. We've been tempted by HIIT, given in to spin, and – forgive us, for we have sinned – signed up to a free taster session of Zumba. And quite enjoyed it.

In doing so, we've turned our back on the true temple of strength, muscle and definition: the weights room. Your bodily salvation takes the form of **The Holy Trinity of muscle: the squat, the deadlift and the bench press.** "If you walk into a normal commercial gym, a large proportion of the memberships in there are wasted. Training is not about trends," says elite PT James Conci-Mitchell. "Look at successful athletes: they all use these three exercises. All of them. **They are fundamental movements that have been used for as long as training has existed.**"

The innate beauty of this trio is that they are all compound movements, between them engaging every muscle in your body – from the big movers to the fixators and stabilisers that you don't see, but are essential for a strong, healthy physique. "These three lifts are going to help you reach your goals, whatever those goals may be," says Conci-Mitchell. "It's gym class 101: if you *only* knew how to do these lifts – maybe with some overhead pressing and pull ups thrown in for good measure – that would be all you ever needed to do. It's only by pitching your body against the biggest weights and the most resistance that you are guaranteed to engage the most muscles and cause maximum metabolic impact."

So fear not, for we have gathered three wise men, whose unparalleled expertise in strength and conditioning will lead you to physical redemption. Amen to that.

THE PATRON SAINT OF SQUATTING



ARUN SINGH
IS A COACH AT THE
GB POWERLIFTING
FEDERATION AND
THE ENGLISH INSTITUTE OF
SPORT, CURRENTLY PREPARING
OLYMPIC AND PARALYMPIC
ATHLETES FOR RIO 2016

The squat is known in the trade as the king of exercises. Many people can lift bigger weights on their deadlift, but in terms of the total number of muscle fibres recruited, it's the squat that reigns supreme.

For that reason, it should be omnipresent in your workout plan, whether you're looking to lose the love handles, muscle up, or cut your triathlon splits. Sure, nothing pops your quads like a squat. More surprising, perhaps, is that when done properly it harnesses the power of the posterior chain too – the lower back, glutes and hamstrings. In actual fact, in a regular back squat, the quads act more as a brake, while it's the rear of the body which does all the heavy lifting. Because of this, it's a very good idea to perform squats and deadlifts on alternate days, especially if you're attempting to lift anywhere near your one-rep max.

The sheer amount of energy required to squat with a heavy weight on your back is what makes it the perfect fat-burning tool. There's so much musculature being called upon in a squat, that you'll not only spike your metabolism during the exercise, but keep it firing well after you've finished. It's the same principle that's behind the much-touted trend for HIIT. But to feel the full effect, and to engage the maximum number of muscles, you've got to go deep – to that scary and unsteady place where you're genuinely concerned that you might not make it back up.

Adding back squats into your gym sessions – and not just on legs day – may seem a heavy cross to bear. But it's a small sacrifice to make for the miraculous resurrection of your metabolism.

THE SQUAT STEP BY STEP

01 RACK UP

Reach squat nirvana by approaching the rack – never the Smith Machine, as this can create unnatural movements and it doesn't force you to engage your core and stabiliser muscles.

02 LAY A TRAP

Duck under the bar and rise up so your shoulders make contact. There should be a slight bend in your knees. Now position the bar on the fleshy part of your traps, a few inches down your shoulder blades, not across the top of your shoulders, in contact with your neck or vertebrae.

03 GET A GRIP

Ensure you have a symmetrical grip, forearms at a 90-degree angle to your biceps, hands at an equal distance with equal rotation in your wrists. The bar is for balance – the weight should be held by your back, not arms.

04 TAKE THE WEIGHT

Now brace yourself: tense your stomach, push it out and raise your chest. Head up, please. Engage your legs and stand so the bar lifts from the rack. Take a small step back and set yourself.

05 HEELING POWER

Feet shoulder-width apart, keep your heels and little toes planted at all times. This prevents you falling backwards and sets your knees out slightly so they don't end your ability to genuflect for good.

The Holy Trinity Of Muscle



06

HINGE BENEFITS

Focus on your hips here. When you're feeling solid, push your glutes back and hinge at the hips as you lower, bending your knees. Stay braced to keep your torso in an upright position.

07 LOWER STANDARDS

To reap the full reward your thighs must be at least parallel to the ground. Go deep – or don't even bother. If you lack the mobility to take it that low, work on your form. Goblet squats are a great way to start.

08 MAKE LIKE LAZARUS

Drive back up toward hormonal and strength gains. Lift your head slightly – now's a good time for a swift prayer – before you push through your feet, squeeze your glutes and return to standing. Hallelujah.

DEEP THINKING
ONLY BY SINKING
LOW CAN YOUR
BODY BE REBORN

11

PRAISE BE TO BENCH PRESS



DAN JOHN
IS A WORLD-LEADING
STRENGTH AND
CONDITIONING

EXPERT, A FORMER US DISCUS
THROWER AND THE AUTHOR OF
SEVERAL BOOKS INCLUDING
MASS MADE SIMPLE

The biggest misconception around the bench press is that it's just a chest move. The next time someone says that to you, you have my permission to call them a jackass. Any lift is a full body lift, but the emphasis here is that it's *done correctly*. In this case, that starts with your feet. Drive your heels into the ground, keeping your glutes on the bench – your entire lower body should be locked and loaded. To lift big, the power needs to come from your feet and travel all the way up through your legs.

You're not exercising your quads here, but by tensing your glutes and planting your feet, you're switching on your abs and obliques, and getting a core workout more effective than any number of sit-ups. And therein lies the beauty of this lift, which far from being a vanity exercise is actually a compound move crucial for athletes building functional strength, whatever your sport.

The bench press engages your deltoids, triceps, and even your biceps, which act as stabilisers, countering the force of the movement. And yes, as the jackasses can – and do – attest, your chest will see massive growth, bringing the full range of pectoral muscles into play. Far more effectively than a push-up or a chest press machine, too. Give the latter a wide berth: its fixed plane of motion isolates your pecs, while totally neglecting the equally important stabiliser and fixator muscles.

It's not the most fun activity you can perform lying down, but it is certainly the most biomechanically virtuous.

THE BENCH PRESS STEP BY STEP



01 TAKE A PEW

You need to attend upper body mass at least twice a week for holy progress. Rack up your weights, then start by sitting upright at the end of the bench. Clench your glutes. Prepare thyself for what is to come.

02 HOLD POSITION

Lie back, bar above your eyes and set your arms roughly a fist's width outside shoulder-width apart. You can adjust the grip for different benefits – closer hits the triceps, wider works outer pec and deltoids – but this is the best for all-over growth.

03 ARCH NEMESIS

You need to borrow from the yogis and 'listen to your body'. With your hands on the bar, shuffle your backside up a little to arch your back slightly. Note: slightly. Hyperextension is best left to the powerlifters who do this for a living.





RAISED FROM THE DEADLIFT



JAMES CONCI-
MITCHELL
IS A FORMER ARMY
OFFICER, PHYSIQUE
COMPETITOR, AND THE
FOUNDER OF THE ELITE
LONDON FACILITY SIX3NINE

The deadlift is the most criminally overlooked move in the gym, and yet the most important for your long-term health. This is probably because it has the least obvious aesthetic impact of the big compound lifts – or so the uninitiated believe. The beauty of the deadlift is as a balancing exercise, but neglecting the muscles on the other side of the body is entirely counterproductive.

Over-develop in one direction, and you're going to create weakness and injury in the other. You never hear of anyone confined to his bed because of a bad pec. A bad back, however, is one of the most common causes of work absenteeism. The deadlift is the best exercise to counter this, strengthening your entire posterior chain, including your hamstrings, glutes, lower back, lats and protractors. This in turn lifts your posture, opens up your shoulders and thickens your back muscles, which has precisely the effect of making you look stronger, fuller and more upright. It's no coincidence that physique competitors all swear by this as the backbone of their success.

And, due to the size and number of muscles recruited, the deadlift is likely to be the heaviest lift that you can manage. By shifting that much tin you're causing huge metabolic stress. That's exactly the kind of stress you need in your life, especially if you're sat at a desk all day, as this can lead to underactive glutes and more serious muscular issues in the long run. In short, deadlifting mends many of the problems caused by modern life. Show your devotion.

THE DEADLIFT STEP BY STEP

01 STEP UP

Approach the bar, head bowed as if in penance, until your shins touch it. The closer, the better. Plant your feet and tense from the balls of your feet up to your glutes, staying active throughout.

02 STAND YOUR GROUND

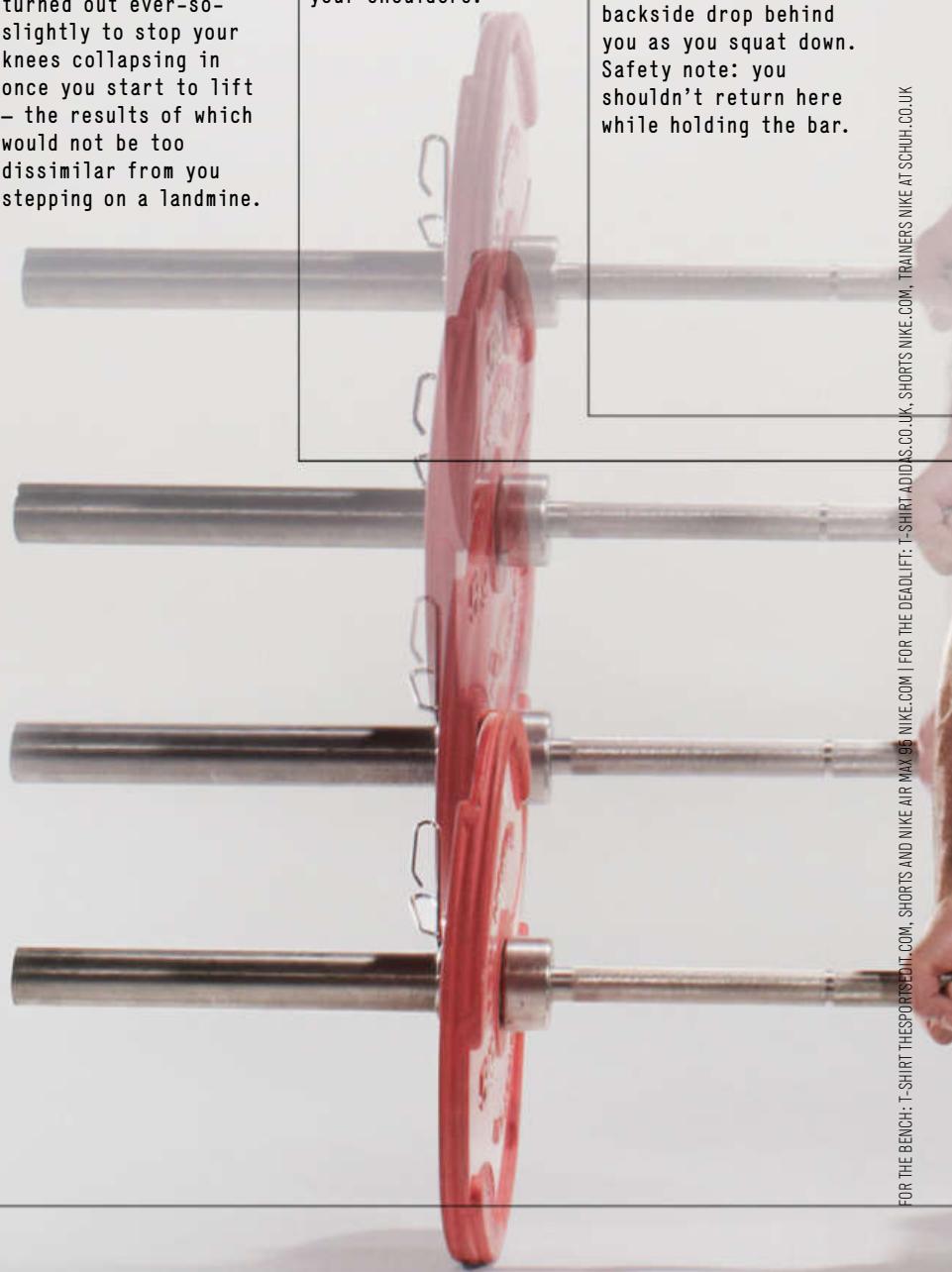
Your feet should be shoulder-width apart, turned out ever-so-slightly to stop your knees collapsing in once you start to lift – the results of which would not be too dissimilar from you stepping on a landmine.

03 MIX IT UP

It's OK to arch your back as you ready yourself. Hands close to the outside of your legs, use a mixed grip – one overhand, one underhand. Alternate with each set to pull more without busting your shoulders.

04 INTO THE HOLE

Shins touching the bar, grip set and feet positioned correctly, drop into what's known as 'the hole'. Let your backside drop behind you as you squat down. Safety note: you shouldn't return here while holding the bar.



The Holy Trinity Of Muscle



05 BRACE, BRACE

Tensing is for amateurs; pros *brace*. Brace your abs so your stomach pushes outward a little and flatten your back. This rigid, safe position ensures the correct muscles are doing the work.

06 DRAG YOURSELF OUT OF THE HOLE

Shoulders retracted, drag the bar up your shins by driving through the legs. Your upper body shouldn't move – power is from your hamstrings and glutes as your hips hinge forwards. Never snap the bar up fast.

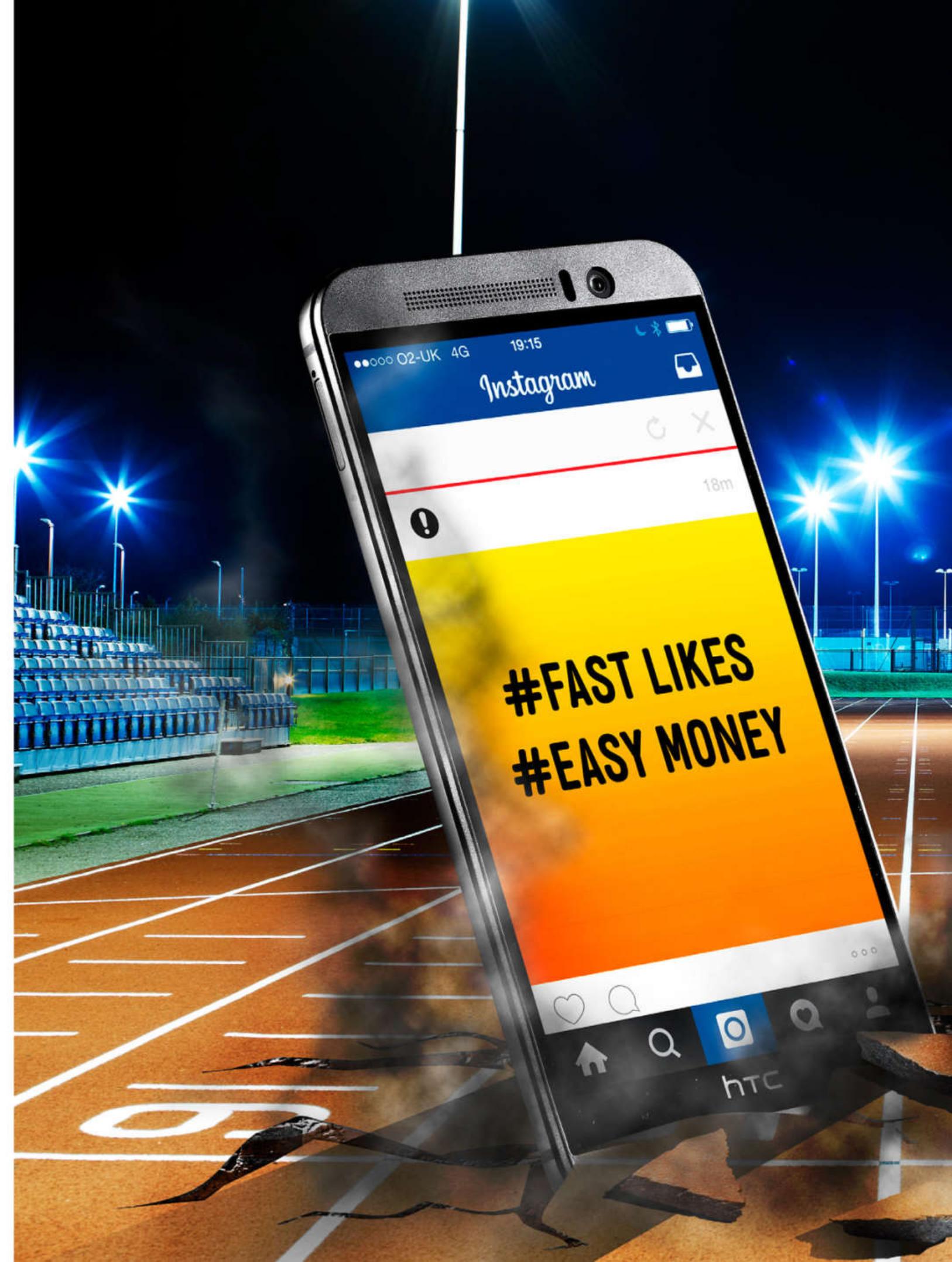
07 UP AND AT 'EM

Exhale as you thrust the hips forward and knees back, squeezing glutes at the top. Hinge at the hips but keep lats engaged and shoulders back at all times. Pull as if you want to rip the bar in half.

08 GOING TO GROUND

Depending on the weight, you're welcome to control the bar on the way down. Hinge at the hips to release tension in the glutes. Do not arch your back. For near-max lifts, drop the bar. Then bow again to your task. ☺

RISE AGAIN
IT IS THROUGH
REPS THAT WE
ARE RESURRECTED



A smartphone is shown from a low angle, tilted diagonally. The screen displays an Instagram post. The top of the screen shows the phone's status bar with signal strength, 'O2-UK 4G', the time '19:15', and battery level. Below the status bar, the word 'Instagram' is visible. The main content of the post is a yellow and orange graphic with the text '#FAST LIKES' and '#EASY MONEY' in large, bold, black letters. At the bottom of the screen, there is a dark navigation bar with icons for heart, comment, and share, followed by a magnifying glass icon and the HTC logo. The background of the image is a night scene of a running track with blue stadium lights and empty blue seating in the distance.

#FAST LIKES
#EASY MONEY



The Rich Fit Kids Of Instagram

What began as a platform for posting selfies and pictures of sunsets has evolved into a springboard from which to build your own fitness empire. But how do you go from single-figure likes to millions in the bank? MH investigates



WORDS BY ED CUMMING

PHOTOGRAPHY BY JOBE LAWRENSON



B

efore he became The Body Coach, social media star and internet transformation guru, he was just Joe Wicks, a self-employed personal trainer in Surbiton, south-west London.

The son of a roofer and a social worker, Joe grew up on a council estate, "but I've always been a grafta," he says. His hours were long, his pay around £4000 a month: way above the national average, but not quite the footballer wages he aspired to. Like many trainers, he was exhausting the number of hours available in a day.

"I was very busy, and I'd sacrificed a lot," he says. "I had a boot camp and I was working a lot of early mornings and late evenings. So I decided to give Twitter a go." It doesn't sound like the most nuanced business plan – mainly because it wasn't – but 'giving Twitter a go' turned out to be the smartest choice of his career to date.

This was in the autumn of 2013. Two years later, Wicks has a company with 30 employees that turns over nearly £1m a month, plus a four-book publishing deal and burgeoning mainstream TV career. And it's all thanks to social media. In the Wild West of online businesses, The Body Coach has hit upon a gold mine, where the road is paved with tweets, Instagram snaps and quirky videos.

When Facebook founder Mark Zuckerberg paid \$1bn for Instagram in 2012, some eyebrows were raised. The photo-sharing social media firm only had 13 employees, and what did it even do, exactly? No one is laughing now. In December, Instagram was valued at \$35bn, with more than 300 million active users. This is a visual age, where the value of new devices is measured by screen size, and you can hardly pick up a phone without seeing an embedded video or #instafit hashtag. For the new image masters, there are fortunes to be made: the LOL-peddler comedian Fat Jew (@FATJEW) has been profiled in the *FT* and lifestylista Zoella (@zozebo) is a best-selling novelist. It's relatively new, but Instagram has short-circuited our usual cynicism: brands can sneak in under the cover of our favourite celebs, while new stars have a platform free from watchdogs or regulators.

But as with all get rich quick schemes – the South Sea bubble, the California gold

Forge a following

Carve out your niche online with Joe Wicks' simple four-step plan

01 Have a mission

You need consistency in style and content. A scattergun approach – a breakfast here, a funny street sign there – will get lost. Have a focus, be that training, food or whatever.

02 Bring the LOLs

Don't be too serious. I'm shouting about 'midget trees' (broccoli) in some of my most popular posts. People are more likely to double-tap a picture that makes them smile.

03 Talk a good talk

There's no point being on social media if you don't engage with people. Create a hashtag – #leanin15 is my most successful – to start a community around your account, then retweet and regram followers' posts.

04 Up your reactivity

Planning posts so that there's a regular stream of content throughout the day is a good idea, but also be flexible and reactive to new chat, trends and memes. Topical posts often get the best reaction.



KEY 'INFLUENCERS' ON INSTAGRAM CAN EARN AROUND £5000 FOR A SERIES OF POSTS

rush, or mining the world's 300 million Instagram users – there is scope for unscrupulous behaviour. Despite the vast sums of money involved, social media remains almost completely unregulated. And nowhere is this more apparent than in nutrition and fitness. Aside from spending too much on a handbag you don't really need, the risks posed by placed fashion advertising – in the form of Kendall Jenner clutching a new Fendi number, say – are small. When it comes to how you exercise and what you eat, however, the potential pitfalls are much greater.

Joe Wicks studied sports science at university and is a qualified personal trainer. He is, clearly, legitimate. But there's still a gulf between encouraging overweight suburbanites to do some sit-ups at a Saturday morning bootcamp and

prescribing diets to hundreds of thousands of anonymous followers.

Why are trainers like Wicks, Kayla Itsines (the Australian with 3.4m followers) and Chloe Madeley (the gym bunny daughter of Richard and Judy) buying mansions and getting TV deals, while the rest of us tweet our lunch to a few desultory likes and droll comments? In a world where anyone with a smartphone has the potential to become a rich and famous fitness guru, just how easy is it to achieve Insta-fame in the first place? And, more to the point, where do you start?

Going viral

Although the medium is fairly new, its superstars echo silver-screen stars of old.



The Rich Fit Kids Of Instagram

A TRAINER WITH A CELL PHONE CAN FOLLOW YOU ANYWHERE



They are charismatic and good-looking. The women have slinky gym kit, shiny hair and toned, tanned flesh. The men have bulging, hairless pecs and shrink-wrapped six-packs. With dark shoulder-length hair, Wicks looks a bit like Jon Snow, the brooding hero of *Game Of Thrones*, only with fewer frowns and more PE kit. His on-screen persona is relentlessly chirpy, shouting instructions over fast-cut clips of his cooking, training and occasional shots of quotidian whimsy. It has a guy-next-door charm. "Instagram allows me to show my own lifestyle," he says. "Some bodybuilding sites can be intimidating, but I'm not. I'm attainable. I can admit when I've gone to Nando's, or I'm hungover and have gone to the caff."

It's his #leanin15 videos on Instagram, however, which have been his most

successful marketing tool. The recipe is simple: healthy meals cooked in 15 minutes (an idea he may or may not have taken from *MH*). They're perfect for the time-poor phone user who wants to get in shape. They're also funny – Wicks' distinctively manic tone has inspired imitators who post unhealthy or disgusting-looking meals in the same jumpy format.

It looks like an overnight success story, but Wicks points out that for a long time he was posting into a vacuum. "What people forget is that I posted 20,000 tweets before I made a pound from social media," he says. "When you're just tweeting and you don't have any followers, you're basically just talking to yourself. I was doing it because I liked it, not to make money."

"I posted 20,000 tweets before I even made a pound from social media"



THE UK IS RESPONSIBLE FOR 5% OF INSTAGRAM TRAFFIC, CREATING A HUGE MARKET FOR BRITS ASPIRING TO INSTA-FAME

Wicks started out as a trainer, but he is now more like a celebrity chef-cum-nutritionist. Social media has been the perfect platform for his diet plans, in particular the 90 Day SSS (Shape, Shift and Sustain) plan. Users pay £147 for a tailored training and diet plan, with meals and regimes chosen according to their size and calorific needs. Progress is followed by a trainer, who sends motivational emails when needed. It's a clever mix: it seems personal, but requires a fraction of the time a one-on-one trainer would offer, and the work can be delegated to Wicks' ever-expanding staff.

Between this innovative business model and the popularity of Wicks' bish-bash-bosh culinary videos, the peculiar alchemy of The Body Coach's approach is paying off. He claims to average around 200 new sign-ups a day, sometimes as many as 300, and 30,000 have registered in total. "It's crazy, he says. "In April, I took £551,000; in May, I took £645,000; and in June, £737,000. That's 21% growth month-on-month." His costs have grown, too, but still remain relatively low – most of his trainers work from home. Wicks also says he received a "life-changing amount" for his *Lean In 15* book deal. He is currently looking at buying a house in Surrey with a big garage and, of course, a gym.

Wicks is far from the only one of his kind, or indeed the most successful. But as well as the thousands of followers and money in the bank, another thing that he and his increasingly popular peers

have in common is a profitable – and not a little questionable – relationship with brands.

Soft sell

Online you can find every kind of trainer and nutritionist

under the sun: glutes specialists, biceps pros, cardio nuts. Try Jen Selter, the 'ass sensation' from New York. Or Owen and Lewis Harrison, twin brothers and former professional footballers who sell training camps and plans. Or Jay Cardiello, PT to 50 Cent and J Lo, who offers training and fitness advice. All unknowns before creating their social media accounts, all now running highly profitable personal businesses. It's in this mélange of different



Spot the posers

PT Mike Thurston*
explains how to tell a pro
from a snap-mad gym rat

Do some digging

While it's possible to be a great PT and only be on social media, most of the best trainers have a website. Google their name and check out their credentials.

Sharing is caring

If they're stingy with their secrets, it's a telling sign. Do they educate others or do they just brag about themselves? No information usually signals a poser.

Read between the lines

A trainer's lingo provides a lot of clues as to their credibility. Terms such as "do you even lift?", "fuuuarrk" or "gainz" are big red flags. Respectable coaches act professionally.

Give shortcuts short shrift

Health is about balance and long-term goals. Quick fixes are big no-nos. Good coaches know there is no substitute for consistent training, nutrition and hard work.



skill-sets and products for sale that the lines of who is paying whom for what get blurred, and where danger lies.

Many social media stars are paid by brands to subtly promote certain products – with fees of anything from £1000 to £5000 for a series of posts. Here's Jen Selter in her shiny new crop top; Kayla taking a mirror selfie in her branded sports bra; check out Joe Wicks enjoying his lunch box from a reputable food retailer. Advertisers like this approach because it feels real. Regular people take photos of their stuff all the time, so when these PTs do it, we don't notice. It lets brands sneak under our finely tuned advertising radar.

"The truth is, we turn down far more offers than we accept," says Faya Nilsson, another PT turned internet star. She started her blog, Fitness On Toast, as a way of answering frequently asked questions, and it's supported by a much-loved

Instagram feed (76.8k followers) that shows Nilsson posing in various sunny locations.

"It needs to be an organic fit, where the brand matches our ethos," she explains. Recent posts include tie-ins with Adidas, Speedo and lingerie brand Triumph.

This, of course, raises a conflict of interest, if people look to her for impartial advice, while possibly unbeknown to them she's being paid to endorse certain brands. It troubles Nilsson, but she puts the moral burden firmly on the shoulders of individual bloggers to tread the sketchy moral line. "Trustworthy bloggers won't post positive reviews in exchange for product or money, but will only post about things they feel passionately about," she says. Ultimately, though, the onus remains on consumers to figure out who to trust, and that can be hard.

Wicks is not averse to a bit of branding: he has done deals with Uncle Ben's and the 'health fast food' chain Leon. "It was a no-brainer for us," says Saskia Sidey,



ON AVERAGE, INSTAGRAM USERS POST 70 MILLION PICTURES EVERY DAY. OVERALL, 30 BILLION IMAGES HAVE BEEN SHARED VIA THE APP

Leon's brand and marketing manager. "Joe's simple message is so attractive – eat more and burn fat." Does it bother them that his background is in fitness, rather than nutrition? "Our partnership with Joe Wicks was less about his nutritional expertise and more about his general outlook on food," she says.

Laundry Service 24/7 is one of the many companies that has sprung up to mediate between large corporations and 'influencers' such as Wicks. "Instagram is particularly popular because people respond well to the imagery," says CEO Jason Stern. "They don't miss posts nearly as much on Instagram as they do on other social media. It has a very high organic reach and engagement rate." The statistics verify this: a 2014 study of more than three million user interactions by Forrester Research found that Instagram delivered 58 times more engagement than Facebook,

The Rich Fit Kids Of Instagram

WOULD YOU PUT YOUR FITNESS IN THE HANDS OF AN UNTRAINED STRANGER?



"There are some people doing great stuff, but there are also some cowboys"



THE AVERAGE USER SPENDS 21 MINUTES A DAY ON INSTAGRAM

counters. "I help my clients take control of their habits and diet. There are tens of thousands of transformation images on my Instagram that speak for themselves." A scroll through his feed backs this up.

Not everyone, however, is as scrupulous.

The field is open to abuse. Australian blogger and developer Belle Gibson built a business empire, with a smartphone app and a recipe book, on the back of her claims that her

recipes and lifestyle had cured her brain, liver, uterus and kidney cancers. In April she admitted that it was all fabricated. "None of it's true," she told the Australian *Women's Weekly*, admitting that while she was passionate about avoiding gluten, coffee and dairy, she didn't really understand how cancer worked. She is an extreme example, but it's unlikely she'll be the last.

Instagram is now taking action against pictures that might encourage anorexic behaviour, but it is harder to police bad science. This is something that with which Wicks claims to have empathy.

"There are some people doing great stuff, but there are also some cowboys," he admits. Even so, the people doing 'great stuff' are invariably offering rough approximations of genuine science. As a rule, top-drawer academic nutritional scientists tend not to post so many shots of themselves wearing vest tops in Ibiza.

Bad advice is one thing, but researchers are worried about the effects social media in general has on our mental and emotional health. Because although we have been advertised at for centuries, there is something fundamentally different about the way social media sites work on us. "The people we have on these sites are our friends," says Dr Hanna Krasnova, a psychologist at Bern University. "They post things that are relevant to them, which means they are more likely to be relevant to you. These are major triggers of envy. There is a dark side to social media: social and informational overload."

Give and get rich

Back in South London, The Body Coach is still working out how best to tread the blurry line between friendly advice and surreptitious advertising. For now, though, he has bigger fish to fry (in Lucy Bee coconut oil with a side of Uncle Ben's rice and a refreshing Leon juice, no doubt). "I think what I've created could be the new Weight Watchers," says Wicks. "Soon we could have 1000 a day signing up." And what about the people trying to muscle in on his business? "I don't worry about the competition," he replies, cheerfully. "The difference between me and other trainers is that it was never about how fit I was, but 'What can I do to help you?' You have to give before you get."

So it's all about you, the hapless scrollers, the refreshers of feeds. But where does that leave us? Your doctor, best friend, PT, celebrity 'man-crush' and career role models used to be separate people, with separate skills. You would never have taken style tips from your doctor, advice on what to eat from a media mogul, or training plans from a motivational guru. Yet here we are, rolling them into one. Who knows what the end result of this #transformation will be, but the battle for the Wild West's new frontier has only just begun. ☀



Fit for business

Meet the trainers turning smartphones into #cashcows

Russell Bateman

@russellsbc

Followers 79,300

Qualifications Certified PT
Secret ingredient Slow motion workout videos of scantily clad models from his provocatively named Skinny Bitch Collective

Other business Workshops and classes exclusively for women

Rachel Brathen

@yoga_girl

Followers 1,600,000

Qualifications Certified yoga instructor
Secret ingredient The almost universally appealing combo of yoga, beaches and bikinis

Other business Workshops and sponsored posts

Keith & Kevin Hodge

@officialhodgetwins

Followers 328,000

Qualifications None
Secret ingredient Identical twins offering funny workout videos, along with analysis on current affairs
Other business A range of supplements and gym-wear

Joe Wicks

@thebodycoach

Followers 457,000

Qualifications Undergraduate degree in sports science
Secret ingredient Snappy, #leanin15 recipe videos, and cheeky chappy demeanour
Other business Training plans; deals with Leon and Uncle Ben's

Kayla Itsines

@kayla_itsines

Followers 3,600,000

Qualifications Certified PT
Secret ingredient Meal plans, mirror selfies and #fitspirational quotes mixed in with hundreds of before and after photos
Other business Cookbook, 12-week plans, gym equipment

Jen Selter

@jenselter

Followers 7,100,000

Qualifications None. Former gym front-desk attendant
Secret ingredient The world's foremost proponent of the #belfie (a pic of your backside)
Other business Endorsement from Cirrus Fitness and others



IN MEMORIAM

Riders pass one of the many roadside memorials to those who lost their lives in last year's protests

вулиця Героїв
Небесної Сотні



CYCLING IN THE DANGER ZONE

AS PRO-RUSSIAN SEPARATISTS THREATEN TO SPREAD THEIR TERROR TOWARD THE WESTERN HALF OF UKRAINE, MH HEADS TO KIEV TO WITNESS AN EXTRAORDINARY RACE OFFERING HOPE FOR CYCLISTS LOOKING TO ESCAPE THEIR WAR-TORN COUNTRY. YOU MIGHT SEE SPORT AS A PURSUIT, BUT IN THE THROES OF CONFLICT, IT'S A ROAD TO REDEMPTION

WORDS BY WILL NICOLL - PHOTOGRAPHS BY GRAHAM HUGHES

ON A BALMY EARLY SUMMER'S MORNING OUTSIDE THE OFFICE OF KIEV'S MAYOR (AND WORLD BOXING CHAMPION) VITALI KLITSCHKO,

cyclists roll their bikes to the start line, sip energy drinks and prepare to compete. Families eat ice-cream. Team managers pace anxiously in the sponsors' tent. The atmosphere is reminiscent of a French picnic, during a late, urban stage of the Tour de France.

Yet mere metres away from where the riders congregate, nervously awaiting the start gun for today's race, is the site where Ukraine's former President, Viktor Yanukovych, is accused of causing the massacre of at least 51 innocent people, before skipping town, Moscow-bound, in his private jet. It has taken months for peace – of sorts – to return to the city, which still bears the scars of the events of two years ago. But after much deliberation and a lengthy campaign from the Ukrainian Cycling Federation, cycling's governing body has given the green light to the eighth annual Horizon Park Race – a blisteringly tough, combined 425km weekend of amateur and professional bicycle racing, and the last of its kind in the country.

As the starting pistol cracks and the second, more prestigious day of racing begins, a popular dark-haired Ukrainian rider with much-heralded sprint skills immediately begins to break from the pack. While Oleksandr Polivoda would normally only be a threat in the closing stages of a race, the main field is slow to rein in this solo breakaway rider. With every clang of the Soviet-era bell, which race organisers use to signify passing laps, Polivoda uses his guile and strength to outclass rivals, staying ahead of the combined power of the chasing peloton for over 100km, across a rough, undulating and cobbled terrain. It's Kiev Day in the Ukrainian capital, and Polivoda is racing like a man possessed. As he thunders toward the finish line – his face painfully contorted in a grimace and eyes narrowed to steely, determined slits, barely visible behind tinted shades – the

assembled masses go wild. While second place goes to Belarusian cyclist Sergei 'The Minsk Machine' Papok, Ukrainian Mikhail Kononenko takes third.

This is a returning pattern over the course of the weekend; Crimean rider Sergei Lakgut won the previous day's racing, with Donetsk journeymen Denis Kostyuk and Anatoliy Pakhtusov taking silver and bronze from scores of international riders, on an all Ukrainian podium. It is an impressive and unexpected set of results given the standard of the competition, and in spite of the volatile political situation the host country finds itself in.

The human toll of the ongoing conflict between the Ukrainian forces and Russian-backed separatists in the east of the country has been well reported. Some 7000 people are estimated to have lost their lives during the two-year



01 WHEELS OF FORTUNE
Local team Kolss ready their bikes near Kiev's Independence Monument, built to mark separation from the USSR

02 TEAM TALK
Belarusian riders from Minsk Cycling Club brave political tensions and a field of mostly local teams

03 POP STAR
Former Tour de France pro Yaroslav Popovych has become Ukraine's most celebrated rider

04 YELLOW FEVER
Patriotic fans show their support for Race Horizon Park, the last event of its kind in the country

05 READY TO ROLL
Kiev native Oleksandr Polivoda, 28, will go on to win the day's first race



CYCLING IN THE DANGER ZONE





01

01\ BREAK AWAY
Minsk's Aliaksandr Kuchynski launches an attack as the riders battle through the industrial Solomenskiy District

02\ DRIVE BY
UCI Judge and Israeli army veteran Yeshua Kopitko keeps an eye on racers and spectators alike

03\ PEACE SIGN
Race Horizon Park is a colourful distraction from the threat of war that looms from the east

04\ SAVING GRACE
For rising talents like Polivoda, success could offer an escape from the conflict-strewn country



02

struggle. But a silent victim of the war in Ukraine is sport. Anna Solovey, who will go on to win this afternoon's women's race, has spoken publicly about how the ongoing fighting in her eastern hometown has left her a refugee in her own country. She has been forced to train thousands of miles west, at the country's only other velodrome in Lviv. Moreover, Ukraine, a country with a rich cycling heritage, had just one representative at this year's Le Tour: Andriy Grivko, a man who sold his 2014 Tour bike to raise funds for the Ukrainian army.

Throughout this political turmoil, the country's cycling federation has emerged as a crucial supporter of sport. They've attracted 200 professionals from across

Europe to compete in today's race, with athletes flying, driving and even biking their way from 13 countries to compete in 12 international teams. Belarusians are pitted against Bulgarians, while Moldovans tackle Austrians; but all are here to test the mettle of 10 strong teams of Ukrainians. Some are Kiev natives. Others – from Donetsk and Crimea – have made much more dangerous journeys to take the stage in Kiev, crossing the rebel held front-line, or refusing to accept the citizenship forced upon them by the Russian occupiers.

The prize money alone – which exceeds €10,000 for the winner – is a substantial sum for any semi-pro and provides ample incentive to participate for many riders. However, cyclists are also here to build careers. Any talented rider who wants to

break onto the European circuit needs to accumulate UCI points. With Ukraine's only other accredited tournament – normally held in Donetsk – postponed indefinitely due to invasion, Kiev's grand race is now the only way to catch a break.

As preparations begin for the day's final race, *Men's Health* speaks to Yaroslav Popovych – Ukraine's most famous cyclist. Popovych embodies the dreams of many of the other riders who are performing their last-minute checks and



03

adjustments on their equipment. Long before his podium finish at the 2003 Giro D'Italia, and his stage victory in the 2006 Tour de France, Popovych lived in the miserable chaos of Soviet Ukraine. Cycling was, literally, his salvation. "Take this boy," Popovych remembers his trainer begging of a coach from the Olympic cycling programme. "There is such poverty in his house – they have nothing to eat."

Popovych has come a long way since then, but after a decade of peace and prosperity in his homeland, he can relate

to the desperation of the young hopefuls who are trying to follow in his footsteps. "When I first arrived in Italy and saw the award ceremonies there, my world turned upside down," he says. "If I could reach the top 20, and earn any kind of money, I was in heaven."

Of course, not every cyclist can flee Ukraine for better prospects abroad. But without the Horizon Park Race, the prognosis for aspiring Ukrainian cyclists looks very bleak indeed. As Popovych



04



01

01\ END OF THE ROAD
A rider from the Ukrainian National Team recovers after the gruelling Maidan (Central Kiev) course

02\ SPOILS OF WAR
Podium girls representing race sponsor WarGaming.net wear skimpy military-inspired outfits

03\ AFTERMATH
Sergiy Lagkuti, winner of the first stage of the weekend, cools down after a demanding race

04\ GLORIES PAST
Ten-time USSR cycling champion Evgeniy Prisyazhenko proudly wears his Soviet-era medals





02



03

puts it, "It's only on the podiums of competitions like Horizon Park that sportsmen are honoured, like they should be: humanly."

Prior to the Soviet Union's 1991 collapse, 25% of its Olympic riders came from Ukraine. These Olympians cut their teeth on exactly the same cobbles where the riders are racing today. The Ukrainian aptitude for cycling remains incredibly clear with the final competition of the afternoon – a technically challenging course taking in the industrial Solomenskiy District of the city, with its many prolonged climbs and complicated descents. The struggle is compounded in the final laps by savagely wet weather. But yet again, Ukrainian riders outclass the competition to dominate the podium. Mikhail Kononenko and local enfant terrible Vitali Buts secure first and second place, with Minsk Cycling Club's

silent assassin, Aliaksandr Kuchynski, snatching third from a bunch sprint, tearing through the city's slippery streets at over 60km per hour.

The athletes take their places on the podium, and pose for photos alongside a bevy of models clad, bizarrely, in barely-there military-themed outfits. Scanning the gleeful faces in the crowd back at race HQ near the Maidan – Kiev's independence square – it's hard to imagine this was recently the scene of the most vicious fighting in the city. Gunfire echoed around the square. Tyres blazed. The gold monument to freedom was hidden by a cowl of smoke. Masked men beat riot police with homemade cudgels.

Today, the Maidan looks very different. There are no political protestors. Instead, it is packed with cycling fanatics, more likely to grasp graphite bike frames and pneumatic pumps than Molotov cocktails and baseball bats. Violence, for now, is confined to the battlefields of the east, but the longer the war rages on, the more catastrophic the impact will be on Ukraine's economy, its people, and races such as this one.

Alexander Bashenko – the Horizon Park Race's long-time patron, and the new President of the Cycling Federation of Ukraine – holds that the country's passion for cycling is sufficient to justify up to 50 races per year. (Despite the current crisis, Ukrainians continue to buy an annual one million bicycles a year.) Bashenko sees cycling as a force for salvation in a country where young men can so easily fall prey to the dangerous pastimes associated with war and economic uncertainty. "Firstly, cycling is a very affordable sport – one which nearly anybody can take part in, even during hard times. Secondly, tenacity and not giving up on one's goals are Ukrainian characteristics. So, Ukrainians make excellent cyclists. Like politics, cycling is an endurance sport. We know how to be committed and true to our goals."

For riders and spectators alike, cycling is viewed as an escape from uncertainty. And provided Kiev can maintain hold of its great race – by no means a given – international teams will continue to flood into the city. Partisan, propaganda-laden news channels will be drowned out by cycling spectators. And many young Ukrainians will stand on Europe's podiums in decades to come.

TRUE GRIT

TRAINING FOR MH SURVIVAL OF THE FITTEST IS SERIOUS WORK. POWERED BY THE ALL-NEW RENAULT KADJAR THAT UNDERSTANDS THE NEED FOR SPEED, EFFICIENCY AND POWER, OUR TEAM OF MEN HAVE BEEN HARD IN TRAINING

Real fitness is not forged in the weights room. The modern athlete needs to be strong but fast; powerful but agile. He should be comfortable pushing and pulling his own body weight and ready to do so on the run. The Men's Health Survival of the Fittest - the UK's original and biggest obstacle race series - will put all of the above to the test and more.

Professionals can train all day and rest all night. The everyday athlete has to

compete with family and career responsibilities and still come out on top with his workouts. With the support of Survival's headline sponsor, the All-New Renault Kadjar, our team of three readers have been racing through their training before they go head-to-head at the Manchester event.

Use their moves to turbo-charge your own preparation and sign up at mhsurvival.co.uk to join them - and 26,000 other athletes - on the start line. Time to grit your teeth and get on with it.





GILES, 35 THE EXPRESS SHUTTLE

There is nothing like a family holiday to interrupt your training. Luckily, the hotel we were at had a decent gym and without a busy schedule to contend with I've upped my workouts a fair bit, mostly cardio intervals interspersed with body weight moves.

Apart from race day in early winter being very different to running around in the late-summer sun, I'm confident. My fitness is good but I know it's not going to be a walk in the park, especially with overhead obstacles. I can knock out a few chin-ups but getting stronger on the monkey bars is my next challenge.

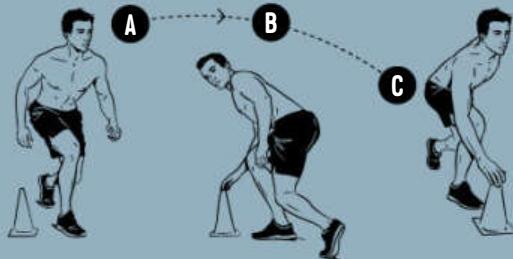
SHUTTLE SPRINTS

HOW

Lay markers 20-30m apart, or however far you feel you can sprint flat-out and back for without tailing off. Run six shuttle runs with 30-45 seconds recovery time between each shuttle. As your fitness improves, build up to running 10 shuttles.

WHY

Exploding off the line will build your acceleration for the power you need to get up and over obstacles, while the rest of the sprint will increase your speed over the ground. Finally, the short rest periods are an effective (if somewhat brutal) way to up your fitness.



SPEED AND EFFICIENCY

Renault understands that you need to move fast between obstacles but have enough in the tank when you get to them. With a six-speed manual or dual-clutch automatic gearbox getting you up to speed, the All-New Renault Kadjar will give you up to 74.3mpg. So you'll have more than enough gas. And if that wasn't enough, it also features the latest technologies for optimum performance, such as an assisted emergency braking system, blind spot warning and hands-free parking.



ANGUS, 40 READY FOR BATTLE

I've never been one for the gym. I love exercise but being indoors and lifting weights just doesn't do it for me. In any case, we live in a village miles away from any health clubs, so my training has to be organic. I've been doing circuits of body weight moves at home and running at the weekends when I can fit it in.

If you go hard enough, anything can be a good cardiovascular workout. Whether it's press-ups and sit-ups in the morning before work or whipping battle ropes around at the park, I've been focusing on using the right technique and feeling the muscles working. It hurts, but you just keep going.

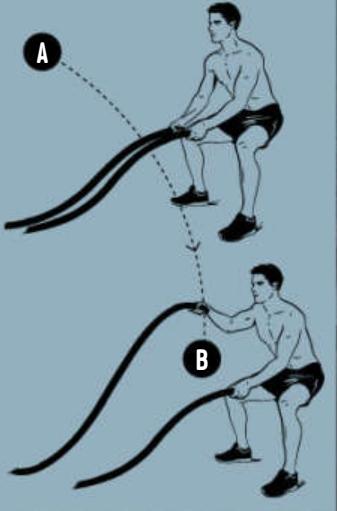
BATTLE ROPES

HOW

Stand with your feet shoulder-width apart and hold an end in each hand. Bend your knees then whip your right hand directly followed by your left. Keep alternating to slam the rope into the floor in waves.

WHY

As well as working your upper body, the battle ropes improves your strength endurance – how long you're able to maintain your form when you're tired. Which will be handy for the last obstacle...





HUGO, 35 PLAYING FOR KEEPS

I know that Giles is all-out to win. My motivation is to get naturally fit – to be leaner, stronger and healthier for the rest of my life. Simple moves like press-ups are the cornerstone of my training. I did 100 the other day and I'm still aching. 100 is a lot.

I'm a competitive guy, sure. Who isn't? But this race is about more than that for me. I want to finish the Survival of the Fittest the way we started this adventure – as a team.

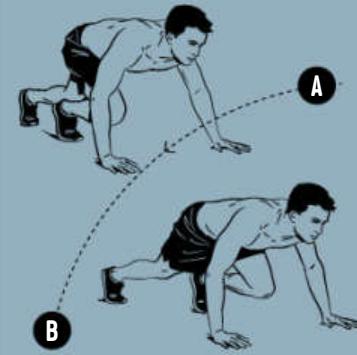
MOUNTAIN CLIMBERS

HOW

Lie face down on the ground and support your body with the balls of your feet, arms straight but not locked out. Lift your glutes up, then alternate between bringing your right knee towards your right elbow (A) and then your left knee towards your left elbow (B).

WHY

The running motion employs your fastest calorie burners – your legs – while your abs get a tough workout in the process, making you lighter on your feet in between obstacles, and strong enough to handle everything they've got.



POWER AND CONTROL

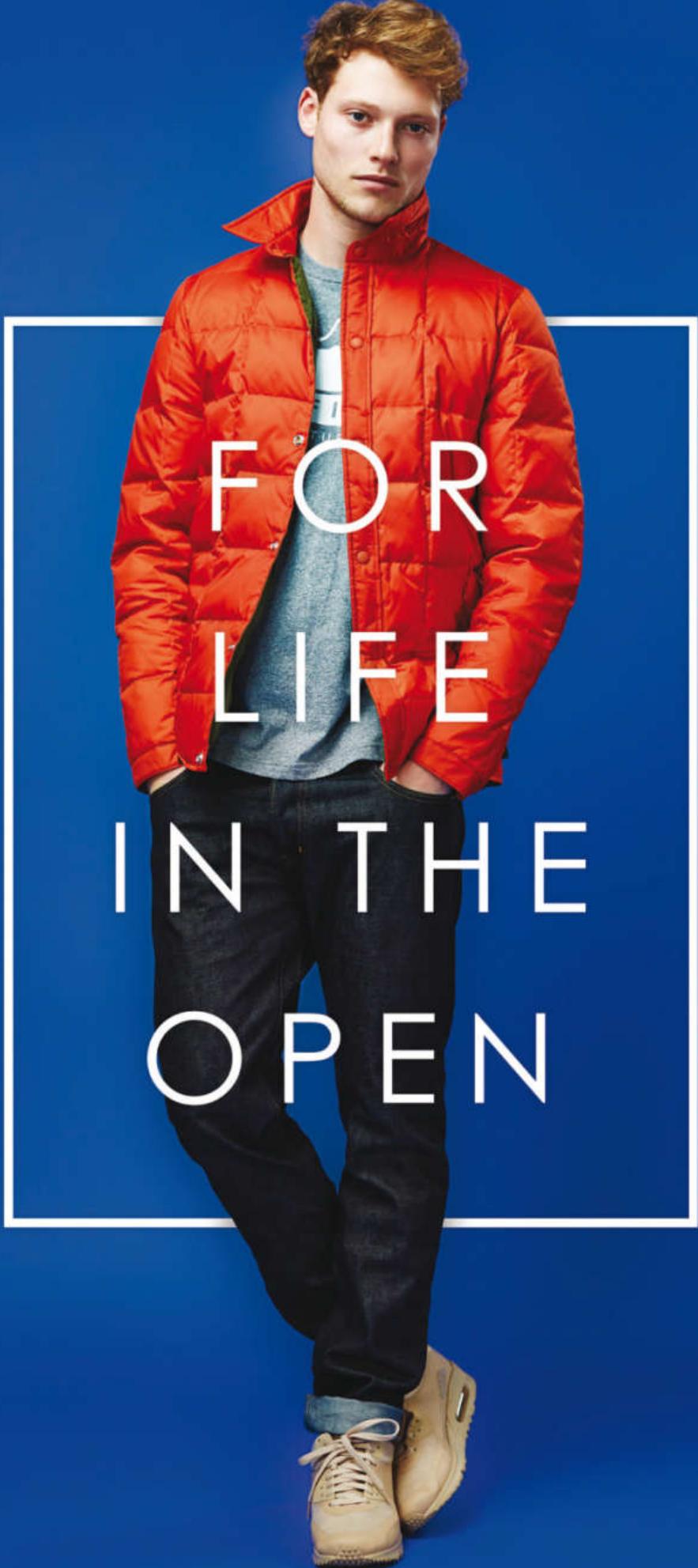
Taking any terrain in your stride is vital to success. The ALL-MODE 4x4-i four-wheel drive system means that the All-New Renault Kadjar monitors and adjusts the torque applied to each wheel in real time, so you can keep the power on without putting a foot wrong.

SMOOTH AND RELIABLE

Getting there is only half the challenge; enjoying the ride is what makes an adventure. Solid and sporty, the All-New Renault Kadjar is generously proportioned and the bright, comfortable passenger compartment lets you appreciate the journey, not just the finish line.

TO SIGN UP FOR YOUR OWN EPIC SURVIVAL OF THE FITTEST CHALLENGE GO TO MHSURVIVAL.CO.UK. FOLLOW THE ALL-NEW RENAULT KADJAR AT #KADJAR AND FOR MORE INFORMATION VISIT RENAULT.CO.UK

 **RENAULT**



FOR
LIFE
IN THE
OPEN

The ===== High ===== Street ===== Edit =====

PHOTOGRAPHY:
JOBE LAWRENSON



* It's a phrase that used to come with negative connotations. But "high" and "street" are no longer dirty words in style terms. Fast-fashion retail giants can now react to trends before they're even off the catwalk. Those same giants are also paying more attention to fabrics and construction, with limited editions replacing the old pile-'em-high approach (but crucially, not the sell-'em-cheap part). And catwalk designers, who were once out of reach to all but a few, are now clamouring to collaborate with the big chains. The result is democratically priced products with a look and feel that belies their price tag. With all that in mind, we've rounded up this season's standout high-street buys – and what to wear with them – so you can look good for less time, money and effort. Let's hit the road.

Sail through autumn

REMAIN WEATHER AND FUTURE-PROOF WITH THIS FASHIONABLE YET AFFORDABLE PEA COAT

A firm fashion calendar fixture, H&M's annual designer collaborations produce highly covetable, bafflingly well-priced pieces that even Kanye Himself is not above wearing. And Yeezy will doubtless be first in the inevitable queue for this season's ménage à deux with Balmain. "I've given each H&M piece as much attention as I do my catwalk collections," says the French house's creative director Olivier Rousteing. "It was important to me that everything had

the same high standards." But thankfully for us, not the same high prices. Despite being less showy than the items featuring Balmain's trademark embroidery, the standout for MH is this pin-sharp pea coat. "It's very Parisian, and so versatile," says Rousteing. "You can wear it over a suit for work, or with a hoodie and jeans. Anyone who manages to buy it will have it in their wardrobe for many years to come." Better start queuing.



STANDOUT BUY #01

The label that made headlines for a pair of jeans costing £1000 is now on a £120 coat

BALMAIN X H&M.....£120



WHISTLES.....£95



BANANA REPUBLIC.....£75



PERCIVAL.....£145

STICK YOUR NECK OUT

THE PEA COAT'S STRONG COLLAR DOVETAILS WITH
ANOTHER KEY AW15 PIECE; THE ROLLNECK.
YOUR SCARVES WILL BE OUT IN THE COLD.



COS.....£89



BARBOUR INTERNATIONAL X TRIUMPH.....£139



MASSIMO DUTTI.....£80



BURTON.....£35



TOPMAN.....£30

44%

The percentage rise
in rollnecks stocked
in high-street
stores compared to
last year, so it's
officially a trend*



NUDIE JEANS.....£135

STANDOUT BUY #02

Sneakerheads
needn't queue
or scour eBay
to get their
esoteric kicks

M&S BEST OF BRITISH
WALSH..... £99



A run on the bank

YOU DON'T HAVE TO RAID
YOUR SAVINGS ACCOUNT
TO OWN DECENT KICKS

Your mum was onto something. Marks & Spencer has long offered quality garms as well as grub: being one of the world's biggest fabric buyers affords it economies of scale that it passes on to you. But M&S has been stepping up its design game too, from David Gandy's undies and swimmers, to this season's surprisingly on-point sports-luxe Autograph line, and now this pair-up with homegrown trainer brand Norman Walsh. "The fabric is made in Scotland, from a supplier who we've worked with since 1961, and our team are trained in

traditional methods of shoe-making, from hand lasting to pattern cutting," explains Jon Crompton, co-owner and MD of Norman Walsh, which has a rich heritage of shodding Olympic athletes: "We decided on the Seoul 88 style because they were originally designed as mixed-terrain running shoes, so they combine comfort, stability and style." In short, these aren't just any trainers...



BANANA REPUBLIC.....£65



NEW LOOK.....£20



TOPMAN.....£38



H&M.....£25



REISS.....£80



WHISTLES.....£85

SUIT UP AND JOG ON
HIGH-END TRACK BOTTOMS ARE ALL OVER
THE HIGH STREET AND PAIR WELL WITH
THESE EQUALLY ELEVATED TRAINERS.
THEY'RE YOUR NO-SWEAT STYLE STAPLES



LES BENJAMINS.....£133

100

The percentage by
which it has become
more acceptable to
wear sweatpants in
public (as long as
they're fitted and
not your PJ bottoms)



SUPERDRY.....£50



ASOS.....£30

Become a subtle leopard

ROCK STAR THREADS NEEDN'T COST ROCK STAR WAGES, IF YOU KNOW WHERE TO LOOK

With Topman Design always a headliner at the biannual catwalk festival that is London Collections: Men, the retail rock star is more attuned than most to the rhythms of cutting-edge fashion. This season, it's tapped DJ and scenester Nick Grimshaw – best-dressed chart-topper and regular on the Topman 'frow' – to co-design a collection. "My sketchbook where I collate all the things that I love was the initial inspiration," says 'Grimmy'. "Then I spent time with Topman design director Gordon Richardson and team, pulling together

the most relevant print, clothing and styling ideas as the starting point." MH's pop-pick of the end result is this shirt, which strikes two of the right notes for right now: animal print and monochrome (which makes it less fierce). "I love leopard: this is a modern take on it," says Grimshaw, who also insisted that all the shirt fabrics be "as drapey as possible". It's the feel- and look-good hit of the autumn, so don't miss the ark.



STANDOUT BUY #04
Burberry and
Calvin Klein
spent big on
animal print.
Doesn't mean
you have to

NICK GRIMSHAW X TOPMAN £40



BEN SHERMAN.....£95



PETER WERTH.....£119



BURTON.....£45

TOP OF THE CROPS

FROM BOMBERS TO HARRINGTONS VIA VARSITIES,
WAIST-LENGTH BLOUSON JACKETS ARE POPPING –
AND WILL STAY ON REPEAT FOR A WHILE



TOPMAN.....£45



M&S.....£69



GAP.....£50



RIVER ISLAND.....£65



FARAH.....£35

1937

=====
The year Baracuta
first manufactured
its Steve McQueen-
approved Harrington.
Like Steve, it's
still cool in 2015



WHISTLES.....£350

STANDOUT BUY #02

You'd pay 10 times this much for a Lemaire cardie. Some might call it a 'gateway shrug'

UNIQLO AND LEMAIRE.....£50



Don't get fleeced

THIS PREMIUM-ECONOMY CARDIE FROM LUXE DESIGNER LEMAIRE IS A SHAWL BET



Formerly artistic director of Hermès – and now of his own scarcely less premium label – Christophe Lemaire would seem to have little in common with utilitarian Uniqlo. Even if the latter is where us style editors secretly stock up on tees and oxford shirts. “Our philosophy is close,” he insists. “Lemaire is not ‘luxury’; we try to do qualitative garments that will last. And Uniqlo is not trend-driven: everything is about the product.” *MH* is all about this premium lambswool shawl-

neck: an example of the miraculously priced knitwear that Uniqlo usually does so well, but done even better. Light yet cosy, it can double as outerwear or double up under a coat, while the ribbed texture makes it rugged enough for a tee yet refined enough for one of those oxfords. “Many people cannot afford Lemaire,” admits its founder. “This is a great opportunity for us to reach a much broader customer base.” We’ll say.



LEVI'S.....£75



REPLAY.....£110



GAP.....£40



WESC.....£65

JEANETIC MATCHING

A COWBOY-STYLE DENIM SHIRT MATCHES THE BEEFY
TEXTURE OF THIS KNIT (AND MANS IT UP A BIT).
SHOW IT'S NOT YOUR FIRST RODEO



NUDIE JEANS.....£185



NEW LOOK.....£25



SUPERDRY.....£45



PEPE JEANS.....£85

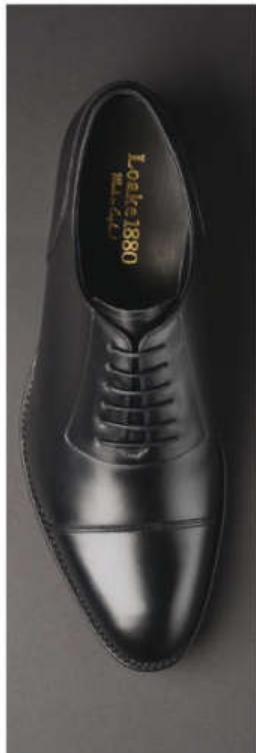


ALLSAINTS.....£128

02

Maximum number of
denim items it's
safe to wear (in
different tones –
try black/grey and
blue to be sure)

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CHURCHILL
Black Calf



SHAUN BRENNAN
Savile Row



LOAKE FACTORY
Kettering



JAMES BAGSHAW
Musician



TONY BLOUNT
Sole Finisher



By Appointment to: HM The Queen
Manufacturer of Men's Footwear
Loake Bros. Ltd

Loake
SHOEMAKERS

www.loake.co.uk

Mall-out warfare

AVOID MARKETING AMBUSH AND ESCAPE THE SHOPPING CENTRE BEFORE YOUR BUDGET BLOWS

ILLUSTRATION : ALCONIC

01

IDENTIFY TARGETS

'Anchor tenants' – code for big-name destination stores – are often stationed at opposite ends, forcing you to cover more ground. And **for every 1% extra time you spend in the firing line, you spend 1.3% more of your war chest**, reports Path Intelligence. Cut through the car park to avoid the kill zone.

02

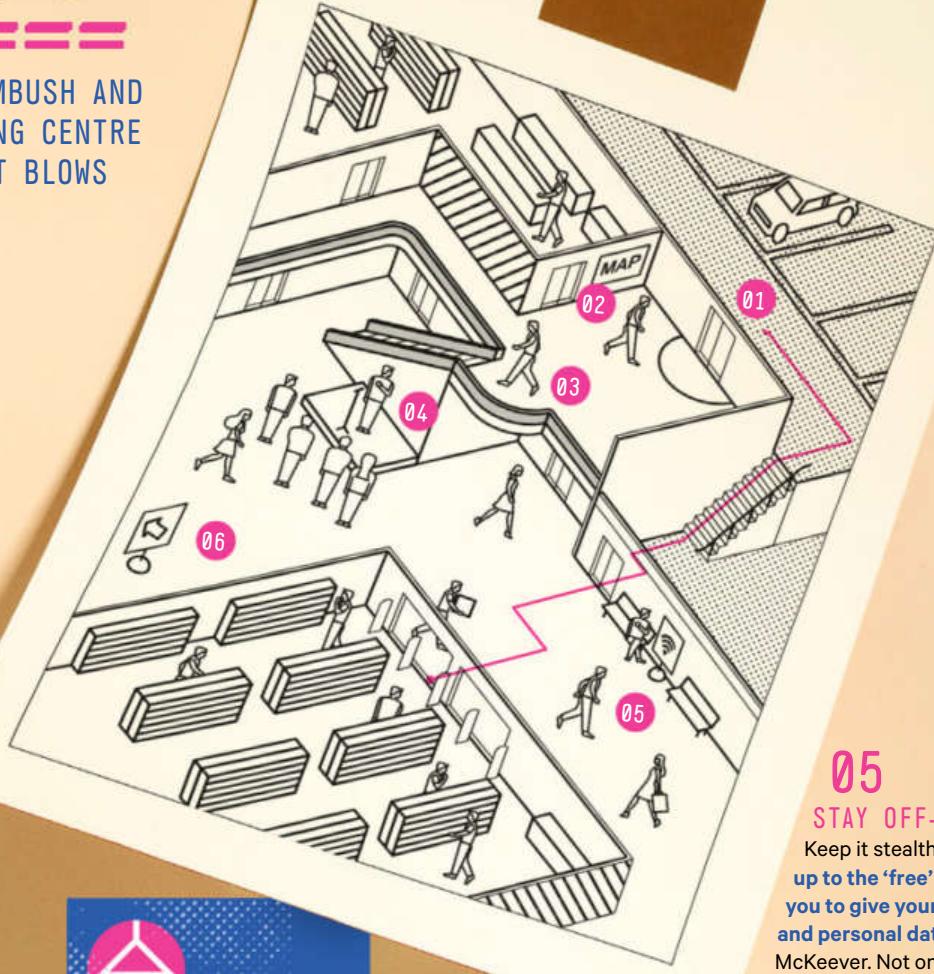
SURVEY TERRAIN

The first 5m are neutral territory; take advantage and scan for maps. "Malls are often laid out in themed destination zones, with similar brands grouped together," says Karl McKeever, founder of retail consultancy Visual Thinking. Locate the menswear unit and home in on it or risk becoming an aimlessly wandering duck.

03

REACH HIGHER GROUND

Shopping centre floors often slope down from the entrance, ostensibly to give you better line of sight. But, according to McKeever, "**a steep walk out will also psychologically discourage exit.**" Make a beeline for the centre and work back, so yomping uphill fully loaded doesn't stop you bugging out.



MONITOR AIRWAVES

Mall lighting is interrogation-room bright. "This is to conceal the passing of time," says McKeever. Put a short album on repeat. Each loop will alert you to the clock.

04

GATHER INTEL

Shopping centres deploy crowd-pulling gigs and events to encourage visits and drive up 'dwell time'. These decoys – and the milling civilians they attract – slow you down, costing you time and therefore money. Check the centre's website to make sure nothing's on and avoid any heavy resistance.

05

STAY OFF-RADAR

Keep it stealthy. "Signing up to the 'free' wifi forces you to give your IP address and personal data," warns McKeever. Not only will you be carpet-bombed with emails once back at the barracks, but electronic screens in the centre can target you with tailored offers. Cyberwar has begun.

06

PACK RATIONS

Food courts lure you to less popular floors you'd otherwise skip, exposing you to more shop-window weaponry. And surrender is likely: **low blood sugar impairs your decision-making**, according to the Association for Psychological Science. Bring your own supplies and reload on the move, soldier.

It's time for a bargain

WHEN IT COMES TO WATCHES, YOU DON'T HAVE TO GO BIG OR GO HOME. THESE SMART BUYS WILL MARK YOU OUT AS A MAN OF TASTE, MINUS THE OUTLAY

High and low are no longer what they seem. We live in a time when fashion's biggest names fall over themselves to collaborate with retail giants and supermodels are photographed falling out of black cabs dressed half in catwalk, half in Topshop.

But the watch still sits loftily on its Swiss Jura mountaintop, dangling its four or five-figure price tag, safe in the knowledge that no one would dare spend any less. And they've earned that right: those price tags are justified simply by the amount of craftsmanship that goes into each mechanical marvel.

That said, cost isn't a barrier to entry-level quality. Just £150 or so is enough to bag you a watch with provenance, history or downright horological cleverness.

In fact, a third of that will buy you a timepiece with all three. Launched in 1983, the Swatch's revolutionary injection-moulded design was the cleverest thing Switzerland had done for decades and its shocking success injected cash back into the flat-lining traditional manufacturers. The Swiss-cheese dial of the new **Swatch** **Buchetti** ① shows its workings as proudly as any sapphire crystal-encased masterpiece: just 51 parts, all robotically assembled and mounted directly on the inside of the caseback.

The same year that Swatch landed, another enduring slice of plastic fantastic



*
POUNDWISE MEN
SCORE THEMSELVES
A TICK REBATE

was being brewed up on the other side of the planet. Like the Swatch, the Casio G-Shock boasts longevity and fashion-forward cool; unlike the Swatch, it's properly hardcore, making it beloved of hip-hop "souljas" and actual soldiers alike. The instantly recognisable, ultra-rugged urethane case was famously designed around the "triple-10" concept: 10-year battery life, water resistance to 10 "bar" (about 100m) and the ability to survive a 10m fall. But even if it's built to last a lifetime, the new **G-Shock Smartwatch** ② is very 'this season' – it hooks up to your phone via Bluetooth.

Those wanting an affordable watch that won't look out of place with a suit but will still have what it takes in the water should try the **Rotary Aquaspeed** ③. It's a classically handsome diving watch, with a basic Japanese quartz movement, but built with surprising heft. Most watchmakers

Time Poor	Three men of note who aren't afraid of affordable
PATRICK GRANT	The designer wears a Swatch with his suits as it fits with cufflinks
SWATCH.....	£44.50
EMINEM	The rapper has been part of the "G-Shock Unit" all through his career
G-SHOCK.....	£150
BARACK OBAMA	POTUS rocks a Jorg Gray JG6500 – a present from his Secret Service agents
JORG GRAY.....	£275

state water-resistance of just "300m" and few would dare claim their watch is "waterproof". Rotary, however, confidently states that its Dolphin case is impermeable. It's a lot of splash for limited cash.

On the other hand, maybe you're not looking for splash – just something timeless and chic with a soupçon of *je ne sais quoi*. Look no further than the **Mondaine** **Evo Big Date** ④: a licensed miniaturisation of Hans Hilfiker's 1944 Bauhaus design for the Swiss railways. It's an Eames chair for the wrist, but democratically priced and, despite the basic quartz innards, it's worn by Patek-owning architects and poor art students alike. You'll look like a million Swiss francs.



ALEX DOAK

A MAVEN IN THE WATCH WORLD, ALEX'S ADVICE WILL COST YOU, BUT HIS RECOMMENDATIONS WON'T



VICTORINOX



SWISS CHAMP



I.N.O.X.



SPECTRA



EXPLORER JACKET



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AND LASTS. AND LASTS. AND LASTS. AND LASTS.

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#FLEXBALL

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THE BEST A MAN CAN GET[™]



We'll-kempt secrets

GROOMING INDUSTRY INSIDERS COME CLEAN ON HIGH-STREET HERO PRODUCTS THAT PROVIDE JUST AS MUCH POLISH FOR YOUR PENNIES

*

SHAVING CUT



Daniel Johnson,
hair stylist to pop
and football stars

Even expert barbers use keenly priced equipment. "I'm a big King of Shaves fan," admits Johnson. "Its shaving oil fits into my kit bag and goes everywhere with me. And the Hyperglide razor is perfect for a wet shave after a hot towel; I use it on all of my clients." That's a budget slash we can really get behind.

*King of Shaves Kinexium
Shaving Oil £4.69 boots.com*

**

FACE SAVER



Armand Beasley,
consultant to
celebs and royals

Sniff out more quality ingredients to the pound. "For me, Bulldog is the standout brand: no harmful sodium lauryl sulfate or parabens and fantastic value," says Beasley. "Its face wash contains coconut oil derivatives that freshen the skin instead of drying it out." Frankly, you'd be nuts to spend more.

BullDog Original Face Wash £4.49 boots.com

TACHE BACK



John Mooney,
menswear design
director at Asos

There's no need to drop Chippendale money on boutique beard oil for your facial furniture. "I use wax, which is harder, of course," says Mooney. "But if you warm it up in your hands before, it provides shape as well as softness. It smells pretty good too." So you get the combined benefits of oil and wax. Dandy.

Uppercut Moustache Wax £8.99 asos.com

ECONOMIC STYLE



Darren Fowler, hair
stylist to Becks
and Colin Farrell

You could easily spend £20 on one of the new wave of trendy sea salt sprays. "It's the easiest way to create hold but retain the gritty, rugged look that most men want," says Fowler. But you don't have to splash cash to put on the spritz. "L'Oréal's is great for body and texture," he adds. And for your own liquidity.

L'Oréal Matte & Messy Sea Salt Spray £3.50 asda.com

FINANCIAL SCENT



Lee Kynaston,
writer and scent
consultant

Don't read the tags of designer smells and weep. "Library of Fragrance colognes are great, interesting alternatives. Plus you can mix them. Oud is excellent, as is Pipe Tobacco, but put the two together and you've got something Tom Ford might charge £155 for." NB Maybe avoid the Pizza one.

Library of Fragrance £15 boots.com

Look the part for less

HOLLYWOOD LEADING MAN IDRIS ELBA HAS LANDED AN UNEXPECTED NEW ROLE: DESIGNING A COLLECTION FOR HIGH STREET STAR SUPERDRY

PHOTOGRAPHY BY RANKIN

***** Acting, DJing and now designing clothes – you're quite the Renaissance man. How do you combine these very different disciplines?

They're all different aspects of my character: I see them as artistic expressions channelled through the media that excite me. Music has been a huge part of my life for as long as I can remember. DJing is just a great way of sharing the music that I love to listen to.

How did you approach the collection? What kind of guy did you imagine wearing it?

We designed it for the everyman. Most collections have one or more 'key pieces' but in my collection every piece is key and intended to be worn 24/7, day to night. The collection epitomises my signature style – there is not a single piece in the whole collection that I wouldn't wear myself. If I can't wear it, then it doesn't make the edit!

Have clothes always been important to you?

Definitely. I grew up in the East End of London, where the way you dressed told the world who you were. For me, style with comfort is everything – quality, simplicity, always with my own twist. I make sure I wear the clothes rather than have the clothes wear me.

*** Dris For Success

Some directions that Elba gave the Superdry team



Premium fabrics (think super-luxe cashmere hoodies and polo shirts)



Cobalt detailing inspired by a blue-tinged scarf on his left leg



Specially cut to fit a bigger bicep and thigh than the usual Superdry



How important are clothes to the characters you portray?

They're vital. Clothes tell the story of the character. They're visual clues that we all understand.

What one piece does every man need in his wardrobe?

A great coat is essential.

What do most men get wrong with their style, and how can they get it right?

The main thing is to wear your clothes with pride. Each item here has been designed for men who want to look and feel great in what they wear. That's



THIS IDRIS-APPROVED BOMBER JACKET IS ACTUALLY REVERSIBLE, SO IT'S EVEN BETTER VALUE FOR MONEY

important to me. Career success came comparatively late for you.

What drove you to keep putting yourself out there when things weren't going the way you wanted?

I'm passionate about everything I do and always give 100%. I'm grateful for the success and feel very honoured that people appreciate my work.

Idris Elba + Superdry launches globally on 26 November with an event at the flagship store on London's Regent Street

STOCKISTS

AllSaints

allsaints.com

ASOS

asos.com

Balmain X H&M

hm.com

Banana Republic

bananarepublic.com

Barbour

barbour.com

Barbour International

[x Triumph](http://barbour.com)

barbour.com

Ben Sherman

bensherman.com

Burton

burton.co.uk

COS

cosstores.com

Farah

farah.co.uk

G-Shock

g-shock.co.uk

GAP

gap.co.uk

H&M

hm.com

Habitat

habitat.co.uk

Les Benjamins

lesbenjamins.com

Levi's

[Levi.com](http://levi.com)

M&S

marksandspencer.com

M&S Best of British

British.Walsh

marksandspencer.com

Massimo Dutti

massimodutti.com

Mondaine

watchshop.com

New Look

newlook.com

Nick Grimshaw

for Topman

topman.com

Nudie Jeans

nudiejeans.com

Pepe Jeans

pepejeans.com

Percival

percivalclo.com

Peter Werth

peterwerth.co.uk

Reiss

reiss.com

Replay

replayjeans.com

River Island

riverisland.com

Rotary

rotarywatches.com

Superdry

superdry.com

Swatch

swatch.com

Topman

topman.com

Uniqlo

uniqlo.com

Uniqlo and Lemaire

uniqlo.com

WESC

wesc.com

Whistles

whistles.com

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WELLBEING RETREAT HOLIDAY FOR TWO AT AZULFIT

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TERMS AND CONDITIONS

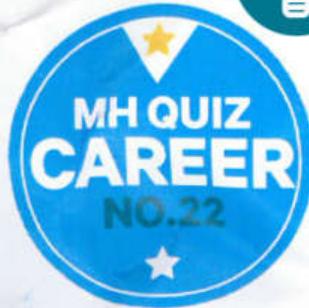
- 1 The winner and their companion must hold a current and valid passport and any other relevant travel documentation required for travel to and entry to Spain.
- 2 It is the responsibility of the winner to (i) organize and pay costs associated with obtaining visas for the travelling party; (ii) ensure that the travelling party is adequately insured including without limitation covering overseas medical costs, and (iii) ensure that the travelling party adheres to the travel itinerary and other relevant safety instructions as set out by the prize provider.
- 3 It is the responsibility of the winner to inform the prize provider of any injuries or conditions that may affect their

- participation in the holiday.
- 4 The choice of room at the villa is subject to availability.
- 5 The holiday must be completed by no later than March 31 2016. The prize cannot be booked on Christmas or New Year, during certain specialty retreat weeks and is valid for our Fuerteventura location only.
- 6 All elements of the prize are subject to availability, non-transferable and there are no cash alternatives. It cannot be sold or given to an alternative party.
- 7 In winning the prize the prize winner automatically conforms to the standard booking terms and conditions of a holiday with Azulfit.

If there is any indication that the staff or facilities are not being treated with the appropriate level of care or respect, the villa management will terminate the holiday with immediate effect.

Men's Health is responsible for the first part of the promotion, which is the organisation and adjudication of the prize draw. All other facilities connected with the provision of the prize are the responsibility of Azulfit.com, 14/4 Calle Marcelino Camacho Abad, Corralejo, Fuerteventura, Spain.

The winner will be selected randomly after the closing date of 5 November.



ARE YOU UP FOR A PAY RISE?

Whether you covet the corner office or simply want to clock off at five, these are your steps to success



Q1

Men who spend more time at home than they do in the office have...



A While you might view your home as a refuge from the toils of working life, Penn State Uni found stress hormone levels are generally *lower* in the office. The ability to focus on a single task for a designated period plays a big role. Set an agenda – and timer – when working from home.

Q2

A tricky problem comes up at work. What do you do?



- A Go to the toilet



- B Walk to the shops



- C Grab a glass of water

ALL THREE You just need to get off your backside. A Texas A&M study found that we are more attentive and engaged on our feet. Strategies to try include installing a stand-up desk, or walking or rising to your feet when times are testing.

Q3

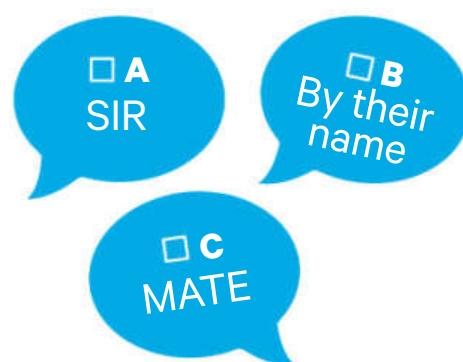
Why does your boss really want you to work overtime?

- A He's deluded
 B He's selfish
 C He's greedy

A It's true – your boss really has gone mad with power. A University of California study found that authority can distort perception of time, making you feel it's more abundant. So quit being an office monkey and punch the clock on time.

**Q4**

How should you address your boss if you want to ask a favour from them?



B "A person's name is to that person the sweetest and most important sound in any language," according Dale Carnegie, author of *How to Win Friends and Influence People*. People love hearing their own name – use it at the start or end of a conversation and they will feel warmer toward you.

Q5**Q5**

True or false: you should avoid talking about your failures in a job interview.



- A True



- B False

B Men who referenced past failures in interviews were more likely to get the job, the *Journal of Applied Psychology* found. The key is taking ownership of mistakes, evaluating where you went wrong – and explaining how you'd avoid repeating errors.

Q6

You think that your line manager doesn't like you. What should you do?

- A Nothing

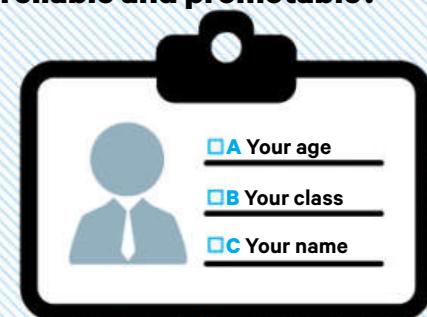
- B Be ultra friendly

- C Confront her

C A Michigan State Uni study found that when a tense work relationship was acknowledged by both parties, it led to increased happiness and motivation. A simple "Do you have five minutes to chat?" will work wonders.

Q7

What automatically makes you seem more honest, reliable and promotable?



C Men with memorable, masculine-sounding names are considered more trustworthy and are more likely to get promoted, claims an *ABA Journal* report. 'Familiar' names such as John or David are judged as more reliable. Sorry Ignacio.

Q8

How much do overweight men typically earn compared to their more svelte colleagues?

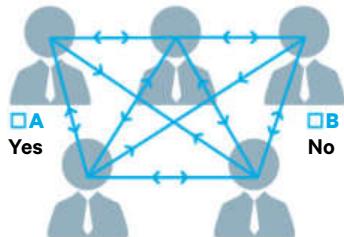


- A Less B The same C More

A A *Demography* study found that overweight men earned 16% less than their average-weight workmates but, happily, *Harvard Business Review* revealed that men who exercise during the working day are more productive. Kerching.

Q9

Do open plan offices aid communication?



A But they're awful for, well, almost everything else. The *Journal of Environmental Psychology* found them to be noisy and distracting. The best work spaces were judged to be cubicles or offices. Failing that, try noise-cancelling headphones.

Q10

You're in an interview for your dream job: should you plaster on a fake smile to mask your nerves?



B A forced grin is worse than none, according to a study in the *Journal of Nonverbal Behavior*. It turns out that even people who are not adept at interpreting body language can identify a fake smile. Think Mona Lisa, not Tom Cruise.

Q11

You've got five minutes before a big meeting with the boss. Do you...

- A Have a cup of tea?
- B Act like Superman?
- C Empty your bladder?

B Doing the Superman power pose – arms manfully on your hips, chest out, standing tall – actually raises your levels of confidence-boosting testosterone by 20%, according to Harvard Business School research.

Q12

You're on £29k and want a pay rise. How much money should you ask for?



C Men who replied to questions about salary expectations with "A million pounds would be nice" were offered more money than candidates who asked for an exact amount or didn't state their requirements, found a study in the *Journal of Applied Social Psychology*. The key is to sound like you're joking, not attempting some sort of Derren Brown-esque mind trick.

Q13

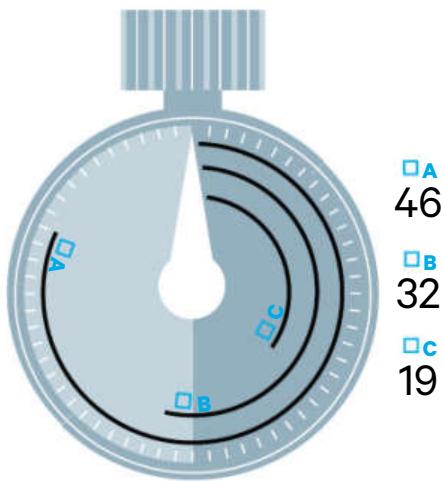
What makes the most important first impression in a job interview?



C Your handshake provides a vital insight to your character, University of Iowa research shows. Follow it up with small talk on positive topics: the University of Philadelphia found it makes you a third more likeable. The listener subconsciously attributes the positivity to you.

Q14

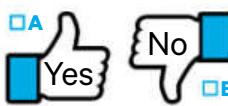
A window seat buys you how many extra minutes sleep?



A Office workers with natural light exposure sleep sounder than those sat 20ft or more from the windows, Northwestern University found. They were also shown to have higher energy levels. So a good view really can renew you.

Q15

Should you script answers to popular job interview questions?



B It's fine to practise, but don't revise standard replies: an Institute of Work and Organisational Psychology study found that men who gave offbeat answers were more likely to be offered the job, as they were more memorable than those who replied parrot-fashion.

Q16

You can't get your boss to listen to you when you're in meetings. What should you do?



A
Make eye contact



B
Try before or after



C
Be more 'alpha'

B Bosses often ignore their subordinates' good ideas because it makes them feel insecure, according to a Uni of Southern California study. Try scheduling some one-on-one time.

Q17

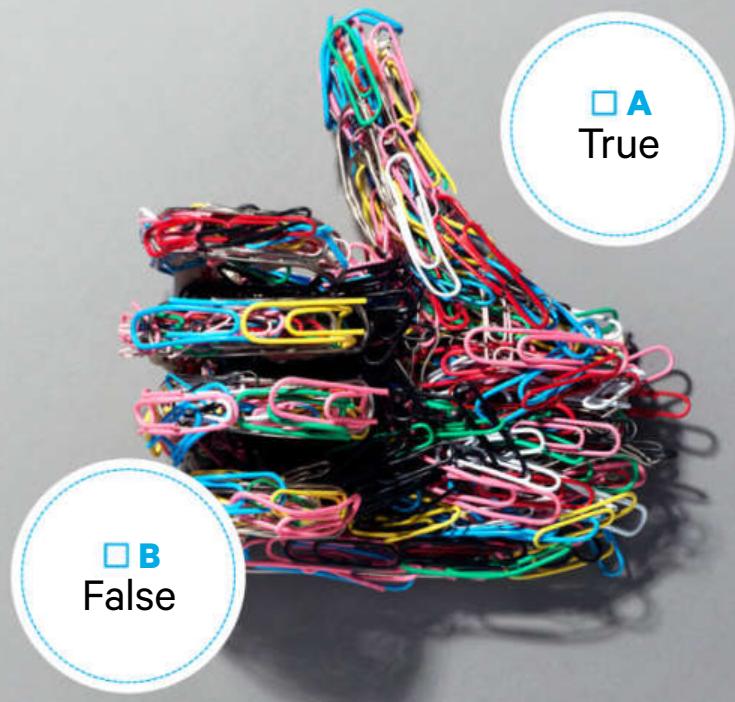
Which of these should you research before an interview?



B And then mimic his style. According to Dr Karen Pine, a psychologist from the University of Hertfordshire, we feel an instant affiliation with people who dress similarly to us, while blending in with our peers signals cohesiveness and organisation. Not to mention that it's a subtle form of flattery. Don't go all *Single White Female* about it, but do scroll through their social media to see if they favour a suit or jeans. NB searching for A & C wouldn't hurt.

Q18

True or false: men who have a career plan feel more optimistic?



A True

B False

B A *Psychological Science Agenda* study found that men who made a career plan and set themselves a list of year-on-year goals were unhappier than men who went with the flow. Why? Because they were guilty of ‘miswanting’ – incorrectly predicting what they’d want in the future. The men who were happiest in their careers were those who focused on the not-too-distant future.

Q19

What one thing will scupper your chances of acing that job interview?



A Looking nervous



B Flunking a question



C Asking for megabucks

A Employers are less likely to hire someone with a bad case of the jitters. Chewing gum will curb stress levels, reports *Stress and Health* journal. Best done before the interview, not during.

Q20

How do you win over a hostile colleague?



A Do their work

B Flatter them

C Buy them lunch

B Flattery was found to be the best way to win over a hostile colleague in Kellogg School of Management research. Keep it subtle or risk being labelled as the office brown-noser.

Q21

Where's the perfect place for a chat with your boss?



A His office



B A coffee shop



C The men's room

B But those hipster cold brews won't help you here. Studies by Yale University found that, when you talk to someone as they sip a hot drink, they subconsciously transfer those warm feelings toward you, viewing you as more likeable.

Q22

And what time of day should you plan to approach him?

A Morning

B Afternoon

C Evening

B Whether you're gunning for a promotion – or simply a desk chair that won't lead to a misshapen spine – ask your boss after lunch. A study by Ohio State University correlated low blood sugar to increased hostility. Can't set the meeting time? Pastries are your power move.

Q23

Which of the phrases below has no place on a successful CV?

A Under budget

B Negotiated

C Team player

C Abstract résumé buzzwords – including “hard worker” and “synergy” – were the main turn offs in a survey of 2000 hiring managers by job site CareerBuilder. Successful CVs contained specific achievements (see A & B). True “go-getters” shouldn’t need to spell it out.

How did you score?

0-10 OFFICE JUNIOR

You need to be more of a player. A study in *Organizational Behavior* journal found that men who viewed interviews and salary negotiations as a game scored bigger pay rises, as they took more risks. Be bold – it could be your lucky day.

11-19 MIDDLE MANAGER

Take a shortcut to the top spot. Don a red tie when you want to make an impression at work: a study in the *Journal of Hospitality and Tourism Research* found it makes others see you as focused, committed and trustworthy.

20+ BIG EARNER

A parting tip: if you want people to toe the line, make them keep their desks tidy, but if you want them to be creative, messy is best, *Psychological Science* reports. Failing that, have a word with the cleaner to get your team onside.

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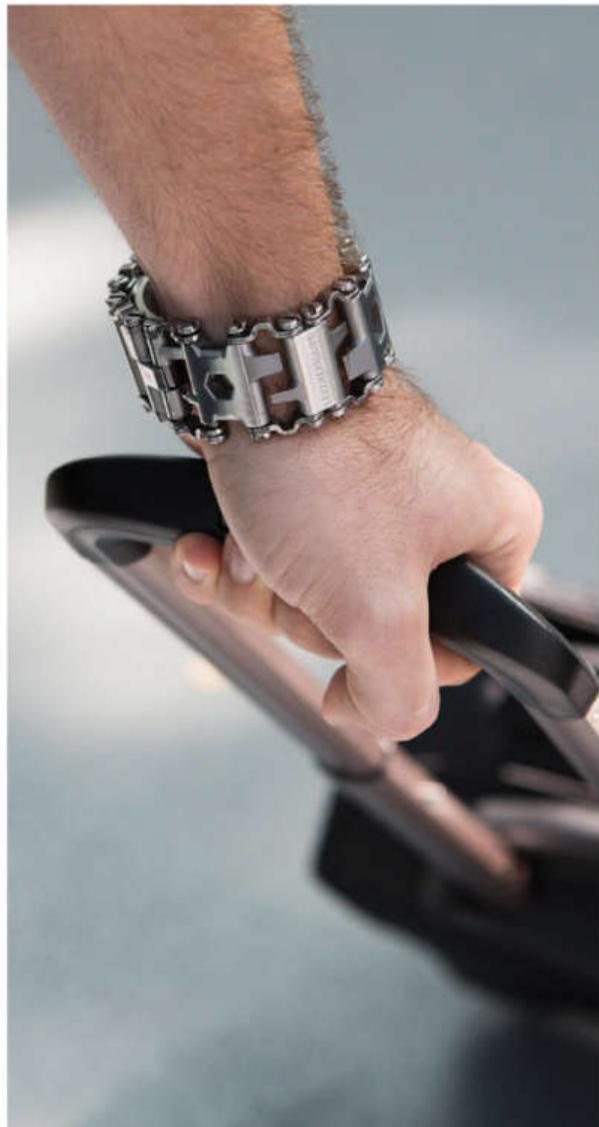
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ONE WORD ANSWER #20

QUESTION

What mental state is key to enhanced creativity at work?



ANSWER

Boredom

If you're the puffed-up sort that routinely palms off mundane tasks on hapless interns, you might be doing your career a disservice. In fact, next time you need some documents filed or a pile of photocopying done, may we suggest you get off your pompous derriere and do it yourself. Please understand we're thinking of your prospects here. In a study from the University of Central Lancashire, participants who were given a boring job – in this case copying out phone

numbers – performed significantly better on subsequent creative tasks than those who worked on engaging tasks beforehand. But if washing out your colleagues' coffee mugs is *truly* beneath you, at least schedule your brainstorming sessions for optimum impact. Draft ideas on tedious bus journeys, for instance, and not after an episode of *True Detective*. With a little careful planning you can turn boredom into a benefit. All work and no play, it seems, makes Jack a very bright boy.

178 MEN'S HEALTH

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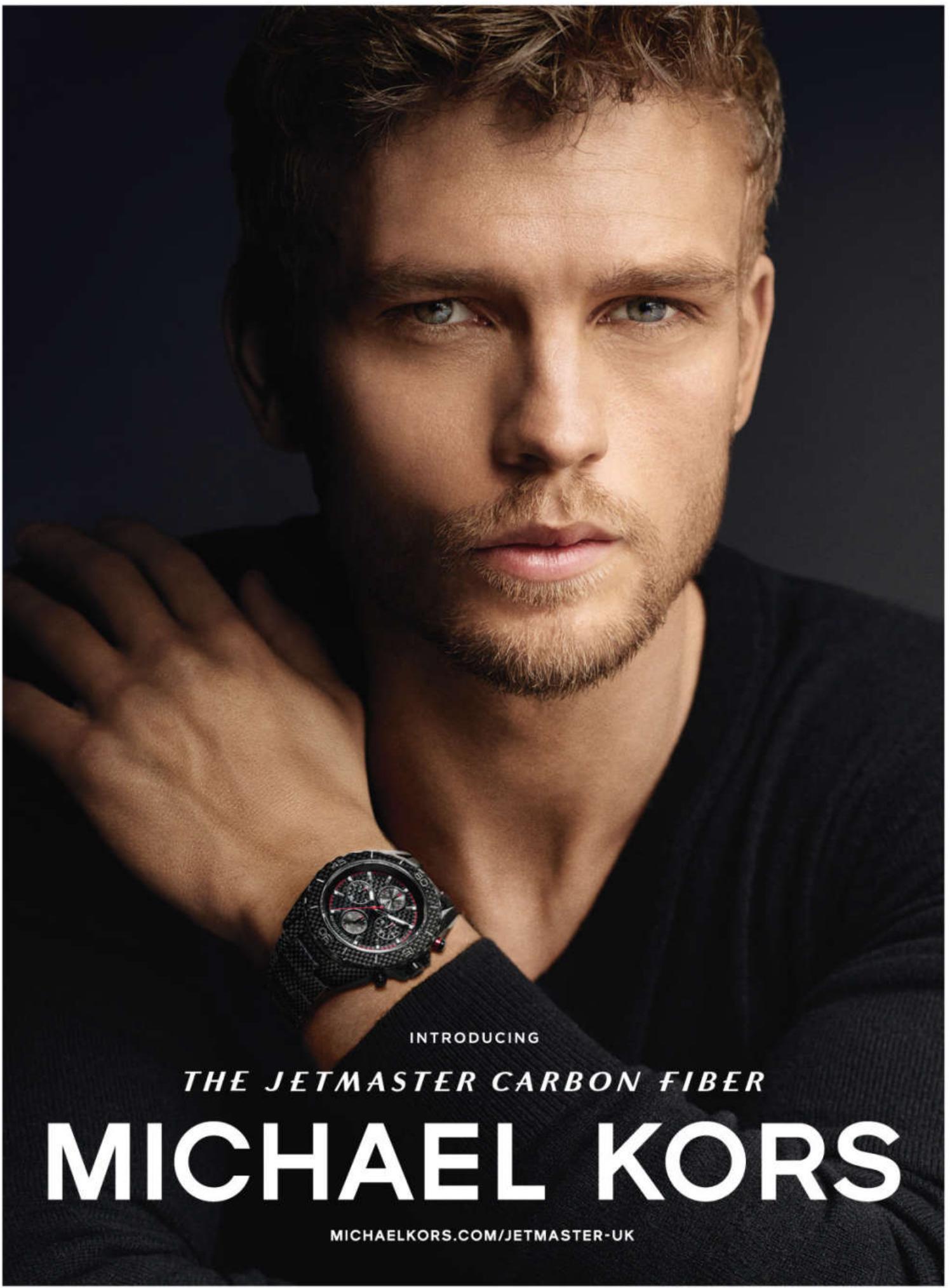
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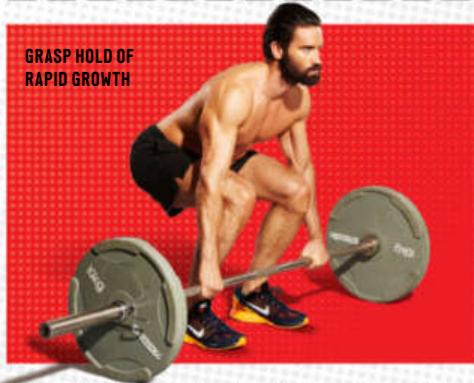


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07



PACK ON BRAND NEW MUSCLE IN MINUTES

Transforming your physique is not a round-the-clock job. From one-bar strength workouts to gym-free circuits for easy gains, these plans let you spend every second growing without any queuing for the bench.

STRENGTH WORKOUTS

P08

BULK COOKING

P26

33



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FAT-LOSS CIRCUITS

P34

METABOLISM MEALS

P44

49



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CARDIO TRAINING

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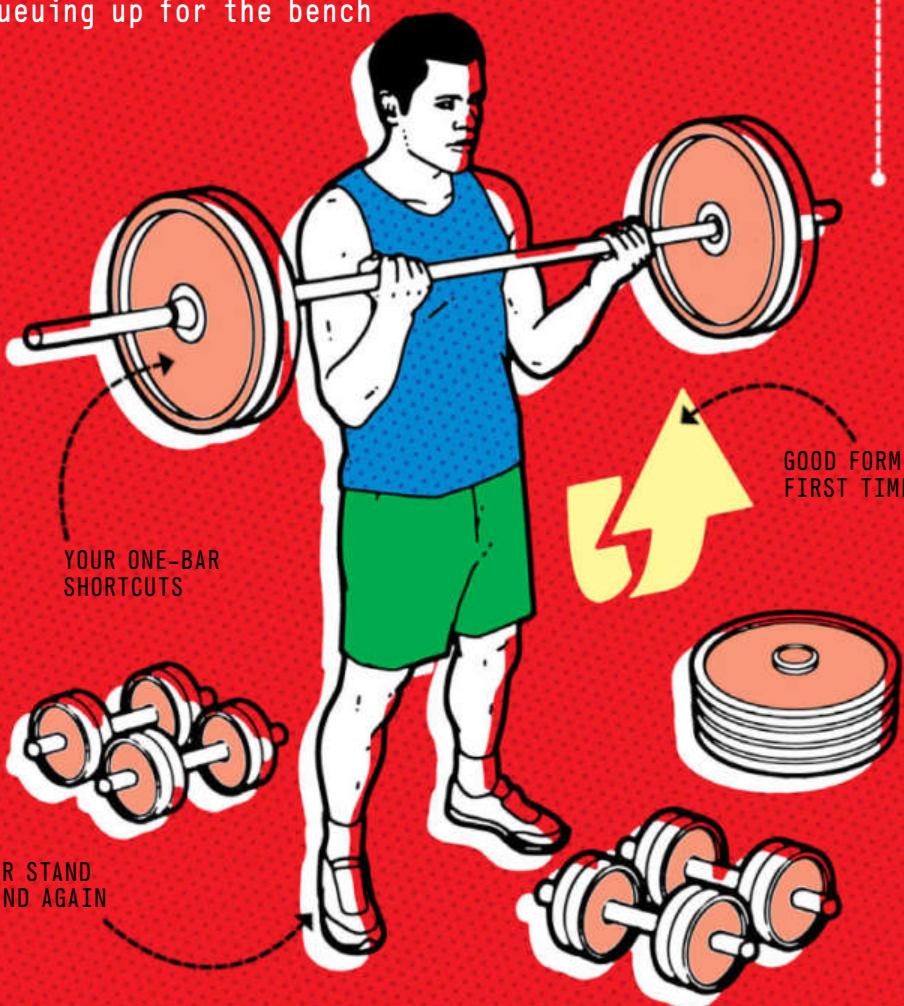
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MUSCLE IN MINUTES

Forging a stronger physique doesn't have to be a grind. If minutes are precious, use this plan to spend them wisely: transforming your body, not queuing up for the bench



NO.1

STRENGTH BEGINS AT HOME

This no-nonsense routine turns everyday objects into a makeshift home gym for hitting your muscles from all angles. Limber up with gentle stretches before you start and be sure to rest for 30 seconds between each set. It may be short, but you're going to need it

LOCATION
HOMETIME
15 MINUTES

01 \ SPLIT SQUAT

2 MINUTES

Stand facing away from a chair or step and lift your left foot to rest on the surface behind you (A). The higher your foot is elevated, the tougher the squat will be. Bend your right knee and flex at the hips until the left knee brushes the floor (B), then drive up to return to the start. Do 5 reps on each leg, switch, then repeat until the two minutes are up.



02 \ FEET-ELEVATED PRESS-UP

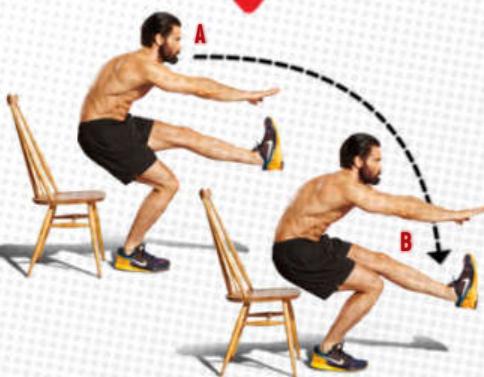
1 MINUTE

Placing your feet on a raised platform targets the upper part of your pecs. Start with your toes on the chair, palms flat and arms extended under your shoulders (A). Tense your quads and glutes to keep straight as you lower yourself to the floor (B), moving your body as a single unit. Press hard through your hands and fingers to press back up.

03 \ SHOULDER PRESS

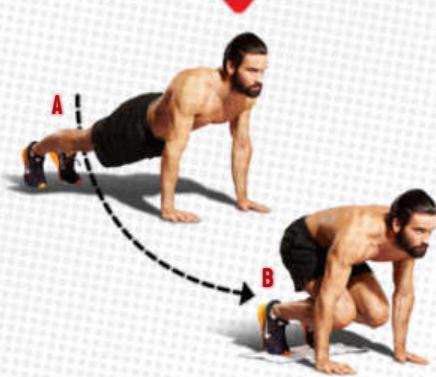
1 MINUTE

No dumbbells? No problem. Grab two large water bottles (full, please) and begin with knees slightly bent and feet shoulder-width. Bend your arms and raise the bottles to shoulder height, palms forward (A). Keep your core braced and chest out as you extend your arms (B), then lower to shoulder height. It won't feel easy in 60 seconds' time.



04 \ PISTOL SQUAT 90 SECONDS

Stand in front of a chair or step, then slowly bend your right knee as you raise your left leg and both arms out straight in front of you for balance (A). Lower slowly until your glutes brush the surface of the chair (B), then squeeze your quads and glutes to push back up and switch legs. Sitting down is cheating, even if no one else is around to see it.



05 \ TOWEL SLIDE JACKKNIFE 1 MINUTE

Lay a towel flat on a hardwood floor and set up in a press-up pose with your toes resting on the towel and your body in a straight line (A). Keeping your arms straight, draw your knees toward your chest, sliding the towel across the floor (B). When your knees are level with your elbows, slide your legs back to the start by squeezing your glutes.

06 \ BURPEE 2 X 1 MINUTE

This CrossFit staple is a true test of muscular endurance that will leave your triceps, chest, quads and abs burning. Begin standing, then drop down to place your hands on the floor in front of you (A), kicking your legs back into a plank position as you lower your chest to the ground (B). Hop your legs toward your body so your feet are flat, come into a shallow squat, then propel up into a jump (C). You've got three minutes spare to stretch. Then hit (your own) shower.



NO.2

RAPID-FIRE DUMBBELL CHALLENGE

You can pack on serious muscle in the time it takes your workmates to negotiate the lunchtime deli queue. Grab some dumbbells but don't go too heavy – you can't put them down until the circuit is done. Rest 60 seconds after one round, then do it again. It won't take long


LOCATION
GYM

TIME
15 MINUTES

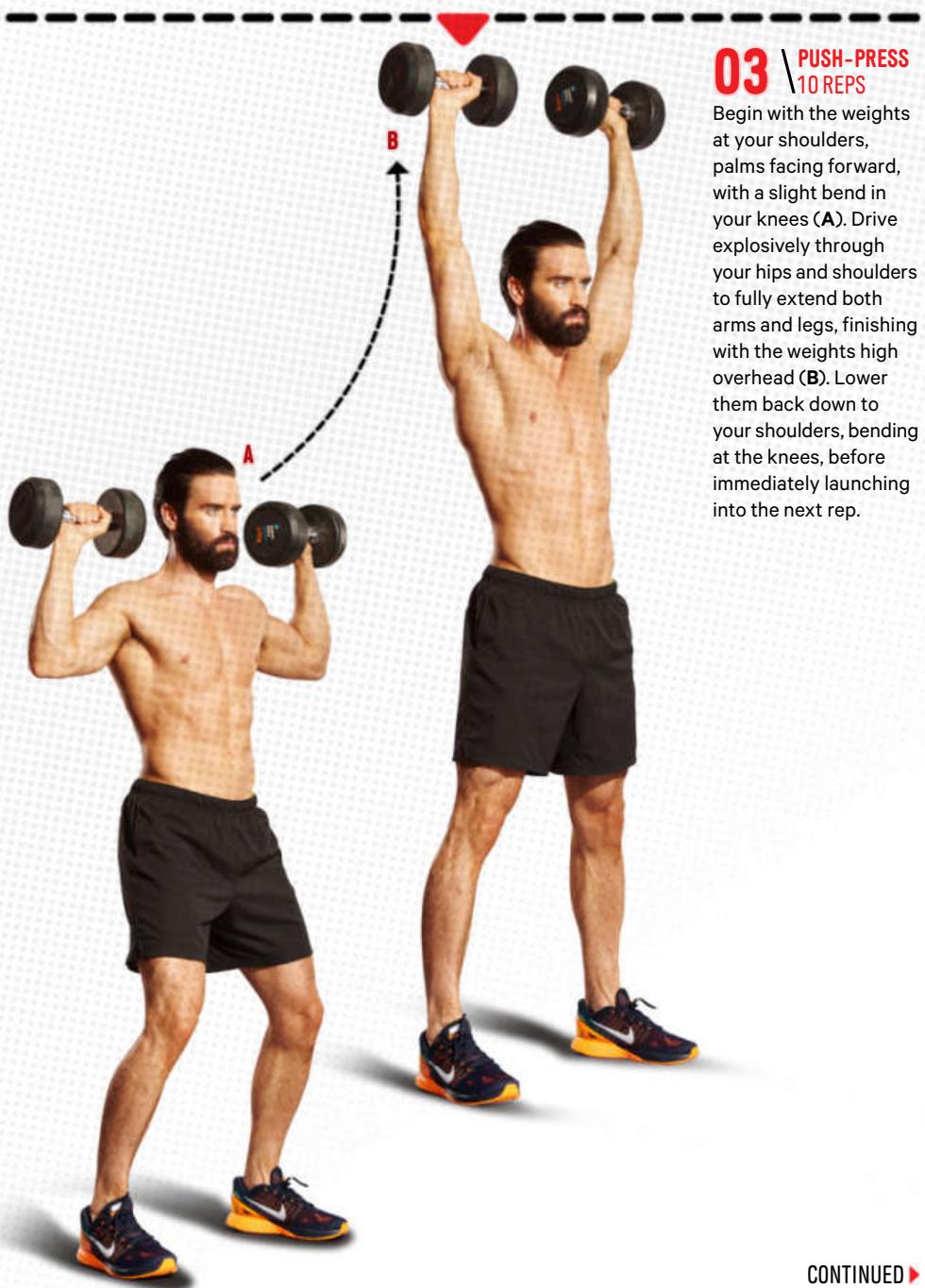
01 \ SEMI-BENT DEADLIFT 10 REPS

Don't re-rack those dumbbells yet. Start as before, but this time drop into a quarter squat, keeping your back straight (A). Drop your hips, bend your knees and gradually lower the weights to the floor, eyes looking ahead (B). Squeeze your glutes and hams to extend your legs without locking them. Finish in the quarter squat, and go again.



01 \ REVERSE LUNGE 10 REPS EACH LEG

Grab a pair of dumbbells and let them hang by your sides (A). Step backward with your left leg, landing on the ball of the foot, then bend both knees to lower yourself to the floor. When your front thigh is parallel with the floor (B), extend your knees and hips to push off and return to the start. Switch legs after your first set of 10.

**03 \ PUSH-PRESS
10 REPS**

Begin with the weights at your shoulders, palms facing forward, with a slight bend in your knees (A). Drive explosively through your hips and shoulders to fully extend both arms and legs, finishing with the weights high overhead (B). Lower them back down to your shoulders, bending at the knees, before immediately launching into the next rep.

CONTINUED ►

04 \ BENT-OVER ROW

10 REPS

This next move targets the lats and biceps, but also works your core to stop you toppling over. From standing, lean forward at 45 degrees, keeping your back straight and knees slightly bent (A). Row the weights to the base of your chest, elbows tucked in tight (B). Keep the move fairly aggressive – just be careful not to crack yourself in the ribs.



05 \ SEATED RUSSIAN TWIST

10 REPS EACH SIDE

Sit on a mat holding a dumbbell just in front of your chest, lean back slightly and raise your feet (A). Rotate your shoulders to the right and touch the weight to the ground, then lift it back over to touch on the other side (B). Rest for 60 seconds, then start over – and still leave with enough time left for an indulgent stint in the steam room.



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The image features a muscular man with short brown hair and a beard, wearing a black tank top with the "ON" logo. He is holding a barbell with both hands, looking off to the side with a focused expression. In the background, there are three containers of Optimum Nutrition Gold Standard protein powder: a red tub labeled "WHEY", a blue tub labeled "CASEIN", and a smaller gold jar labeled "PRE-WORK OUT". All containers feature the "ON" logo and nutritional information.

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GOLD STANDARD

NO.3

BULK UP IN THE GREAT OUTDOORS

If your gym is so busy that lunchtimes resemble a Saturday night at Ritz's, it's best to park the idea. This al fresco alternative is all about building functional muscle. Do both circuits twice, resting 60 seconds at the end of each. Pray it doesn't rain

LOCATION
PARKTIME
30 MINUTES

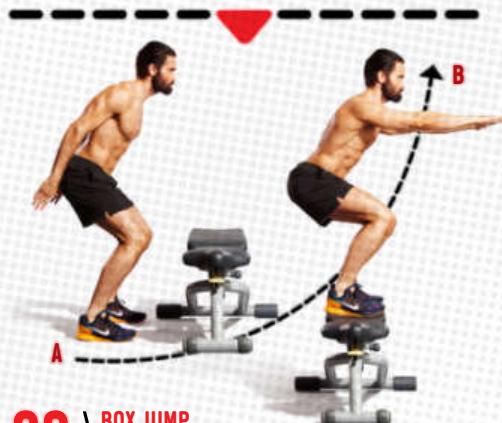
01 \ BENCH STEP-UP 1 MINUTE

Now pop your feet up on the bench and set up in a press-up position, arms fully extended and palms flat, roughly 2-3in apart (A). Watch out for gravel and broken glass. Keep your core, quads and glutes under constant tension as you lower your chest to the floor, bending your elbows (B). Try to keep your back flat and push back up explosively.



01 \ BENCH STEP-UP 1 MINUTE

Locate a vacant bench in a quiet corner of the park and stand in front of it – core braced, chest out. Step up with your right foot (A) and push through your right knee to extend your leg, simultaneously bringing your left leg up to stand on the bench (B). Step down with your right foot and repeat on the left. Feel the burn? Then you're doing it right

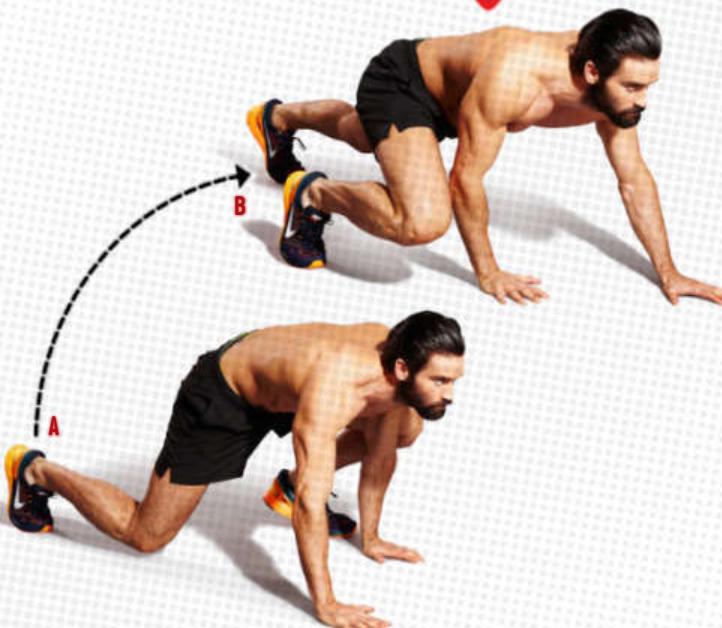


02 \ FEET-ELEVATED TRICEPS PRESS-UP 1 MINUTE

Stand a foot or so in front of the bench with your feet shoulder-width apart. Drop into a quarter squat (A), then explode up from the hips, swinging your arms forward for momentum and pushing off through the balls of your feet. Cushion your landing by bending your hips and knees on impact (B) – try to land quietly. Hop off and go again.

04 \ BEAR CRAWL
1 MINUTE

Now get down on the ground, arms extended below your shoulders. Try to keep your back parallel to the floor and pop up onto your toes, keeping your legs bent (A). Move your left hand forward and at the same time draw your right knee to your right elbow (B). Keep your back straight and hips low. Alternate with the other foot and hand. Only growl when alone.

**05** \ PLANK WITH LEG ABDUCTION
1 MINUTE

Set up in a bent-arm plank position, resting on your forearms, with your body in a straight line from head to heels. (A). Keeping the rest of your body rigid, lift your right leg off the floor and swing it out to the side (B), keeping it straight and your toes close to the floor. Bring it back and repeat with the left. Keep swapping. Rest 60 seconds then repeat the circuit.

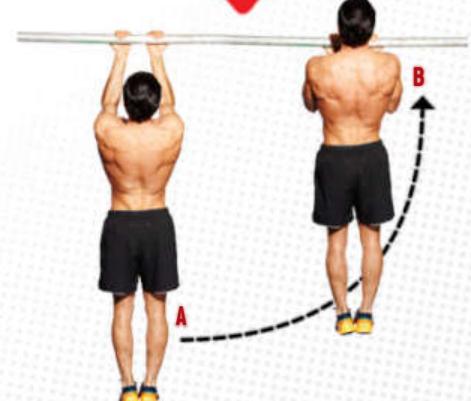


CIRCUIT 2



01 \ WALKING LUNGE WITH ARMS RAISED 1 MINUTE

Your second circuit starts hard and fast. Stand tall, arms raised directly overhead. Place your left foot forward and drop into a lunge by bending your front knee and dropping your hips (A). As soon as your right knee brushes the floor, drive your rear leg up and forward to step into the next lunge (B).



02 \ CLOSE-GRIP CHIN-UP 1 MINUTE

Take hold of a high bar or railing with palms facing you, hands just a few inches apart (A). Now pull yourself up until your chin is level with the bar (B). Hold here for a moment, squeezing your lats and biceps, then lower yourself until your arms are fully extended. Take a deep breath and repeat.

03 \ WALKING LATERAL LUNGE 1 MINUTE EACH SIDE

This move tests hip mobility as well as your lower-body strength.

Stand with your core braced and your chest pushed out (A).

Keeping your left foot stationary, step to the right and drop into a lunge by bending your knees and lowering your hips (B). Now push off by driving the right foot into the floor and drawing your foot in toward you. Repeat.



04 \ HANGING LEG RAISE

Grab a high bar with palms facing forward. Begin the move in a dead hang with your shoulders glued to your ears (A). Keeping your legs as straight as you can, point your toes and lift your thighs toward your chest. When your legs are parallel to the ground (B), or as high as you can get them, pause, then slowly lower. Tough, isn't it?



05 \ LUNGE SPLIT JUMP

With this move you'll gain bigger, leaner quads, hamstrings and glutes. Step forward with your right foot and drop into a lunge by bending your right knee. Lower your hips until your left knee brushes the floor (A), then drive up to switch legs, cushioning your landing by dropping straight into the next lunge (B). Rest, repeat and enjoy the rest of your lunch hour.



NO.4

TRIPLE SETS FOR MEN ON THE FLY

This total-body routine targets every major muscle group with ruthless efficiency. Set up your equipment before you begin, then do each of the three tri sets without rest. Perform each one three times, taking a 60-second break after your 30 reps are done. You'll deserve it

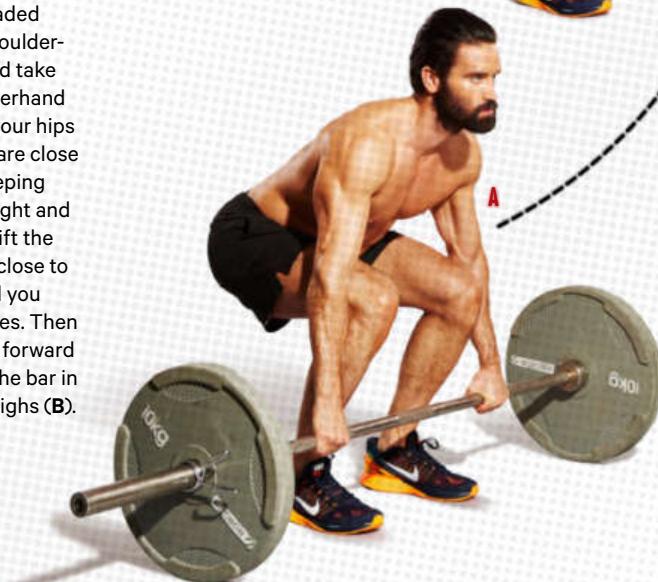
 LOCATION
GYM

 TIME
30 MINUTES

01 \ DEADLIFT 10 REPS

Step up to a loaded barbell, feet shoulder-width apart, and take hold with an overhand grip (A). Drop your hips so your glutes are close to the floor, keeping your arms straight and back neutral. Lift the bar, keeping it close to your shins until you reach your knees. Then drive your hips forward to stand, with the bar in front of your thighs (B).

TRI SET 1



02 \ INCLINE BENCH PRESS 10 REPS

Working at an angle will shift the focus to your upper pecs. Set up the bench at 45 degrees and hold the dumbbells with arms extended, palms forward. Lower the weights to the sides of your chest, twisting your palms in to face each other (A). Explode upwards, without locking your elbows, and twist your wrists so your palms finish facing forward again (B).



03 \ KNEELING BICEPS CURL 10 REPS

Start by kneeling on a mat with your back straight and core braced. Begin with your arms loose by your sides, palms facing inward (A). Curl the weights up toward your shoulders, twisting at the wrist as you pass your thighs so that you finish with your palms facing you (B). Take a 60-second break and repeat the tri set three times in total.



**01 \ FRONT SQUAT
10 REPS**

Your next tri set begins at the bar. From a standing position, pull the bar up toward your chin and flip your elbows under it, so it ends up resting across your chest with your hands facing palms-up (A). Lower into a squat until your hips are at knee height and your thighs are parallel to the floor (B), then drive up through your legs to stand again.

**02 \ WIDE-GRIP PULL-UP
10 REPS**

Pull-ups are a shortcut to the coveted V-shaped torso. Grab the bar with palms forward, wider than shoulder-width apart (A). Begin by arching your lower back and pushing your chest out, then pull yourself up until your chest touches the bar (B). Lower slowly, take a deep breath, and pull again.

**03 \ REVERSE TRICEPS EXTENSION
10 REPS**

Time to build some sleeve-filers. Stand facing a high cable pulley with a handle attachment (A). Hold the handles with your palms down, keep your elbows tucked in, and pull down to your waist (B). When your arms are extended, hold for a second, then return. Rest 60 seconds... you know the drill.



01 \ OBLIQUE CABLE CHOP 10 REPS

Set up the cable attachment at waist height for your final tri set. Hold it standing side-on to the machine, about 1ft away. (A). Keeping your arms straight and eyes looking ahead, twist your upper body away from the machine (B) – aim for a 180-degree rotation to fully engage your core and obliques. Return and repeat the move.

02 \ MEDICINE BALL SLAM 10 REPS

Stand with your feet slightly wider than shoulder width and press a medicine ball aggressively overhead (A), then use as much power as possible to slam it into the ground (B). Follow the path of the ball and bend at the hips to drop into a shallow squat, scooping the ball up on its first bounce, then drive straight up into your next rep.

03 \ DRAGON FLAG 10 REPS

Lie on a flat bench and grip it on either side of your head. Raise both legs vertically, keeping them straight and pointing your toes (A). Very slowly begin to lower your legs, while keeping your abs under tension (B). When your thighs are parallel with the ground, raise your legs to repeat the lift. Take a break and finish two more sets before you can call it a day.



NO.5

MAKE A BIG IMPRESSION IN 45 MINS

Be the bigger man. This hardcore muscle circuit adds compound moves to posterior chain exercises, so you'll feel its effects when you get back to the office. Do each set without resting between moves, then break for 60 seconds. Perform each combo three times before moving on

LOCATION
GYMTIME
45 MINUTES

02 \ STANDING SHOULDER PRESS 8 REPS

Keep hold of the barbell and set up for the shoulder press without resting. Clean the bar up to shoulder height and begin with it resting across your chest, palms facing forward (A). Press the bar directly above your head until your arms are fully extended (B). Lower under control. By the end, you'll have earned your 60-second break. We recommend you use all of it.

SUPerset 1



01 \ SUMO DEADLIFT 8 REPS

This variation on a powerlifting staple hammers your hamstrings – don't say we didn't warn you. Step up to the barbell and take a wide stance, feet almost touching the plates. Using a shoulder-width grip (A), lower your hips and inhale before driving through the floor to stand, pushing your hips forward as the bar passes your knees (B).

01 \ BULGARIAN SPLIT SQUAT 8 REPS ON EACH LEG

Begin with a pair of dumbbells hanging by your sides, your left foot resting on a bench a foot or so behind you (A). The higher your foot, the tougher the lowering phase will be. Bend your right knee and flex at the hips until your back knee brushes the floor (B), then drive back up to the start position. Do 8 reps with good form before switching legs.



02 \ NARROW CHIN-UP 8 REPS

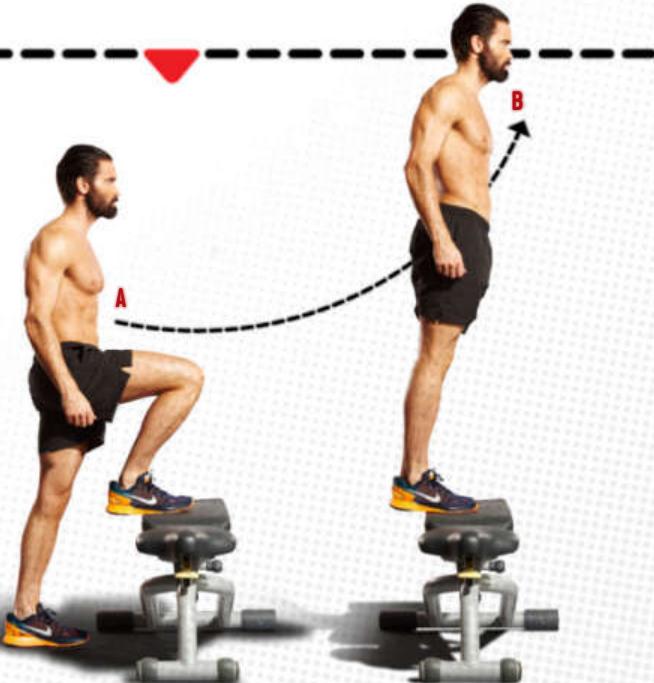
Take hold of the bar with your palms facing behind you, hands just a few inches apart (A). Pull yourself upward until your chin is level with the bar (B) and hold for a moment at the top, squeezing your lats and biceps. Lower until your arms are fully extended. Finish your 8 reps, enjoy your brief moment of respite, then return to the split squats for another set. Don't start flagging.



01 \ BENCH STEP-UP

8 REPS ON EACH LEG

Stand tall facing a flat bench, keeping your core braced and chest out. Place your right foot on the bench (**A**) and push up to stand, simultaneously lifting your left foot up to stand on the platform (**B**). Return to the start position, stepping back with your right foot first. Perform 8 reps on each leg then lie on the bench. Stay with us – you've another move to get through yet.



02 \ FLAT BENCH PRESS

8 REPS

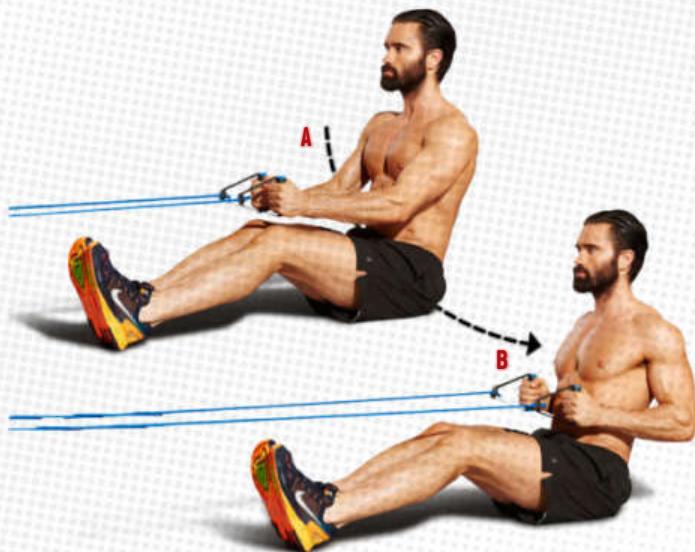
Hold a barbell above your chest with your hands slightly wider than shoulder-width apart (**A**). Breathe in slowly as you lower the bar toward your chest (**B**), then exhale as you push explosively back to the top without locking out your arms. Use a spotter if you plan to go heavy to avoid crushing humiliation. Now go back for the next set of step-ups.

SUPSET 3



01 \ SEATED LOW ROW 8 REPS

Sit at a seated-row station or a low pulley cable and attach a handle that allows you to use a neutral grip, palms facing each other (A). Slowly draw it to your midsection by squeezing your shoulders together (B). Pause, then let your arms extend back to the start, keeping your back as straight as possible throughout. Do 8 reps before racing to the dip station.



02 \ CLOSE-GRIP DIP 8 REPS

Hold the parallel bars with your palms facing in (A). Lean your upper body forward, keeping your forearms vertical and elbows tight to your body as you slowly lower your torso (B). You should feel the stretch in your triceps as your elbows reach 90 degrees. Straighten your arms to push up explosively. Two more sets and you're done.

SUPERSET 4



FEED YOUR GAINS

You've put in the hard graft. Now give your body exactly what it's hungering for by matching your nutritional needs to the duration of your muscle-building workout. Grow your own

SERVES TWO

Organic
Greek
yoghurt,
450g

Protein
powder,
1 scoop

Mixed fresh
berries, 100g

Mixed
chopped
nuts, 50g

Dash of
cinnamon

YOGHURT

Forget fancy flavours.
You'll get a better dose
of probiotics from plain
Greek yoghurt – crucial for
breaking down protein by
promoting a healthy
digestive system

15min

514
Kcal

32.9g
Fat

46g
Protein

18.6g
Carbs

Protein-enriched ice cream with berries and nuts

Set aside a little prep
time and you'll have
a protein-rich snack
after a 15min session,
at home or in the gym

METHOD

1/ Mix the protein powder
and yoghurt together
in a small bowl, using
a fork to beat out any
stubborn lumps. Place the
mixture in a Tupperware
container and leave in the
freezer for an hour, or as
long as it needs to harden.

2/ Take the mixture out
and give it another stir to
break up any large ice
crystals (this gives the ice
cream a smooth texture),
then return to the freezer
for another hour. Serve
with berries and nuts and
add a sprinkle of cinnamon.

Salmon steak, stir-fried veg and white rice

Fuel your mass-building plan with this combo of lean protein, glycogen-replenishing carbs and nutrient-dense veg

METHOD

- 1/ Marinate the salmon in a dish with the olive oil and tamarind paste for half an hour in the fridge. Cook the rice in boiling water.
- 2/ Put the oil in a wok on a high heat. Add spring onions, ginger, garlic and chilli. Fry briefly then add the carrots, asparagus, pepper and cauliflower. After 2min, throw in the mangetout and a ¼ cup of water. Put a lid on the wok and steam fry for 2min.
- 3/ Heat a griddle and cook the salmon for 3-4min each side. Serve on a bed of the rice with the veg.

SERVES ONE

Salmon fillet
Olive oil
Tamarind paste, 1tbsp
White rice, 200g
Vegetable oil
Spring onions, 4, chopped
Ginger, small chunk, grated
Garlic cloves, 2, crushed
Red chilli, ½
Asparagus spears, 6
Red pepper, chopped
Carrots, 2, chopped
Cauliflower, ¼, in florets
Mangetout, 12-15



30min



RICE

Opt for white rice after a particularly heavy session. It has very little fibre and is therefore absorbed into the body quickly, restocking your energy levels

722
Kcal

64g
Carbs

52g
Protein

38.2g
Fat

Steak with sweet potato and salsa

Long workouts earn you steak and chips. Using skin-on sweet potatoes increases the vitamin, fibre and mineral counts

SERVES ONE

Sweet potatoes, 2
Vegetable oil
Sweet paprika
Sea salt
Purple sprouting broccoli, 1 bunch
Grass-fed organic steak, 280g
Onion, ½
Tomatoes, 100g
Red chilli, ¼
Coriander, ¼ bunch
Lime, ½, juiced

METHOD

- 1/ Cut the sweet potatoes into wedges. Mix with oil and paprika. Bake for 30-40min at 200°C, turning once. Season with salt.
- 2/ Put the broccoli on a steamer above an inch of boiling water, cover and steam for 5-6min. Heat

a little oil on a griddle pan and cook the steak for 2-3min a side. Rest for at least 5min before eating.
 3/ Mix finely chopped onion, tomatoes, chilli, coriander and lime juice. Serve with the steak, broccoli and wedges.



45 min



CORIANDER

This leafy green herb is packed with antioxidants, vitamins and dietary fibre, which helps to reduce the levels of 'bad' cholesterol in your blood

20.8g Fat

64g Protein

54.5g Carbs

760 Kcal

CHEESE

The natural glutamate in parmesan not only makes the hard Italian cheese taste loads better, it also adds a welcome extra helping of protein



826
Kcal

20g
Carbs

44g
Protein

66g
Fat



Anytime

SERVES ONE

Vegetable oil
Red onion, ½
Green pepper, ½
Button mushrooms, 50g
Whole tomato
Spinach, large handful
Whole organic eggs, 6
Parmesan shavings
Avocado, ½, sliced

Omelette with veg and avocado

Whip this up after any weights session. The protein in eggs is easy to digest; the cheese is a treat for your tastebuds

METHOD

1/ Put the oil in a non-stick pan over a medium heat.
Finely chop the onion, pepper, mushrooms and tomato, and cook in the pan for a few minutes until the veg has softened. Add the spinach and cook it for one more minute.

2/ Beat the eggs with a fork. Add to the pan.
Cook for a few minutes until the bottom of the omelette has set, fold and transfer to a plate.
3/ Sprinkle the parmesan over the omelette and serve with the avocado.

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with 14 active ingredients

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REFINED
FORMULA



SCIENTIFICALLY
ENGINEERED

2.1kg

- HEAVYWEIGHT MASS SYSTEM¹
- INCREASES WORKOUT POWER²
- ANTI-FATIGUE FORMULA³



55g
PROTEIN
PER SERVING

STRAWBERRY FLAVOUR



OMNIMX® HARDCORE

22%

MORE
PROTEIN

20%

MORE
CREATINE

80%

LESS
SUGARS

17%

LESS
FAT

NEW

HEAVYWEIGHT MASS FORMULA

Leave your mark on
the gym with the new
improved heavyweight
all-in-one mass gain
formula from SCI-MX.



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you at your best



DON'T BE SHY GRAB A TUB OF OUR NEW COCONUT WHEYHEY®



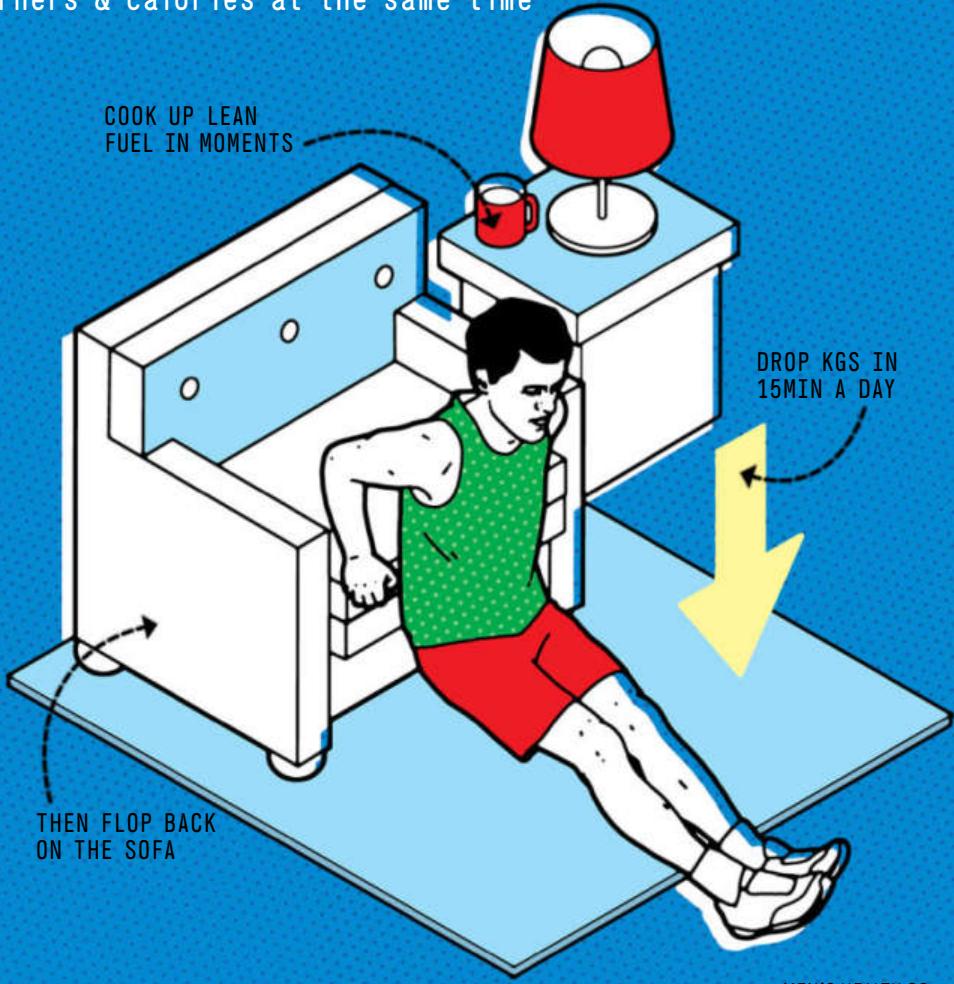
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/BIOSYNERGY #MAKEITHAPPEN

GET LEAN AT LUNCH



Stop slugging your guts out trying to lose weight. From fat-burning home workouts to one-stop metabolism boosters, smart men know how to cut corners & calories at the same time



NO.6

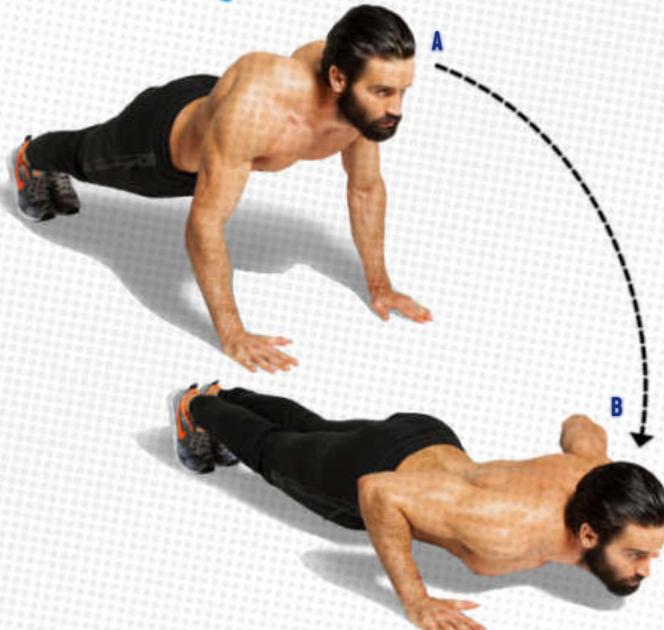
YOUR BODY FAT BLASTER

Lose the excuses and the belly is sure to follow. This bodyweight routine requires nothing but willpower and a 15-minute window. After your warm-up complete as many rounds as you can within the time limit, taking note of your score so you can better it next time. Just because you're not wasting your time in a crowded gym, it doesn't mean you can't get competitive

LOCATION
HOMETIME
15 MINUTES

02 \ PRESS-UP 10 REPS

It's an oldie, but it's still a goodie. Get down on all fours, palms flat on the floor and arms extended beneath your shoulders. Make sure your body forms a straight line from head to heels – form is everything when doing simple bodyweight moves (A). Lower your chest to touch the floor by bending at the elbows (B). Engage your hands and fingers as you push back up to access extra strength.



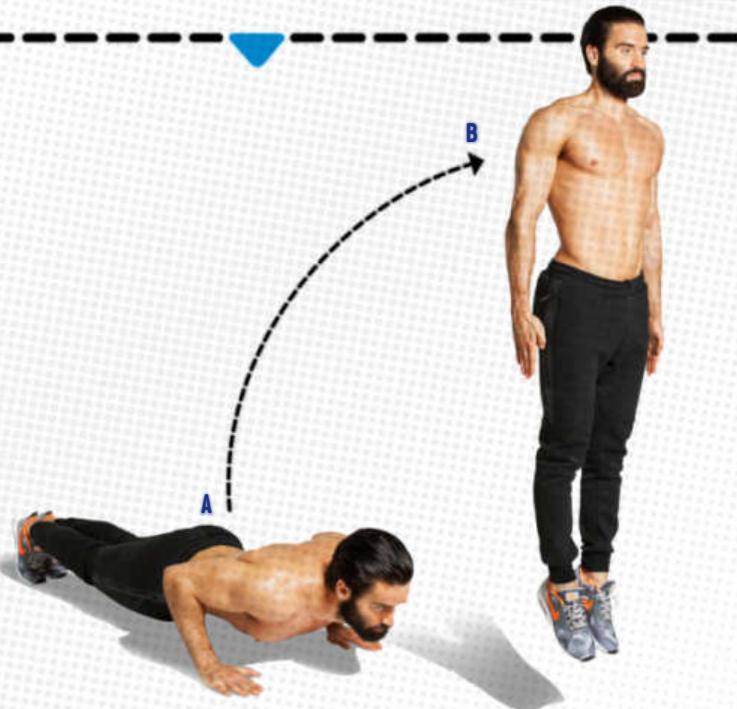
01 \ BODYWEIGHT SQUAT 10 REPS

Squats hit your largest muscle groups to build muscle while torching calories. Stand tall with feet shoulder-width apart (A). Keeping your back straight, bend at the hips until your glutes are level with your knees (B). Thrust up through your hips to return to standing, then go again.

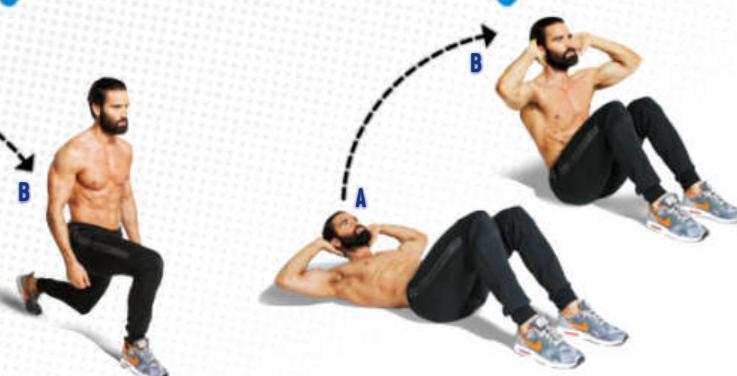


**03 \ BURPEE
10 REPS**

You guessed they'd be in here, right? Stand tall with your feet shoulder-width apart. Drop down by bending at the hips and knees to place your hands on the floor, kicking your legs back into a plank position as you lower your chest to the ground (A). Hop your legs in toward your body so your feet are flat, come up into a shallow squat, and jump up (B). Just two more moves to go.

**04 \ LUNGE
10 REPS EACH SIDE**

Take a big step forward on your route to a lean waist. From a standing position (A), move one foot forward and drop into a lunge by pivoting at the hips, so that your rear knee brushes the floor (B). Drive through the front foot to extend your leg and return to the start. Do 10 and swap sides.

**05 \ SIT-UP
10 REPS**

Place your fingers behind your ears (A). Use your abs to crunch your upper body up. Pause when your torso forms a V shape with your thighs (B), then slowly lower back down. Stretch out and kick back. Rest if you need to then start again. You're aiming for as many reps as possible, remember.

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TRAIN & GAIN

6 MONTHS

32

REASONS TO WORK OUT

ENDLESS STRETCHES

EXERCISE TIPS & TESTED

ARM

SHOULDERS

BACK

ABDOMEN

LEGS

GLUTEUS

TRICEPS

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ARM

SHOULDERS

BACK

ABDOMEN

LEGS

GLUTEUS

TRICEPS

BRACHIALIS

DELTOIDS

TRAPEZIUS

INFRASPINATUS

SCAPULARIS

NO.7

GO HARDER AND FASTER

Leave excess weight dead in the water in under 15 minutes. There's a reason most of us dodge the indoor rower: it requires equal effort from your upper and lower body, and demands high levels of both cardiovascular fitness and muscular endurance. The good news is you can torch up to 250 calories during this short session alone. Time to take a seat, gentlemen

 LOCATION
GYM

 TIME
15 MINUTES

 4-MINUTE GENTLE WARM-UP

 3 X
20-SECOND SPRINT
 1-MINUTE REST IN BETWEEN



 2 X
60-SECOND SPRINT
 2-MINUTE REST IN BETWEEN

 3-MINUTE COOL-DOWN


NO.8

LIFT LIGHT, BURN MORE

This circuit will have your lungs on fire along with your metabolism. Pick lighter dumbbells than you would normally use, but don't take your hands off them until the buzzer sounds. Move between exercises without resting and take as short a breather as possible when the round is complete. Blast through as many circuits as you can within 20 minutes. Get set...

LOCATION
HOMETIME
30 MINUTES

3-MINUTE
WARM-UP
ON ROWER



01 \ CLEAN AND PRESS 10 REPS

With dumbbells by your sides (A), pivot back at the hips slightly, then drive your hips forward. Use the momentum to row the dumbbells up. When they reach your chest, bring your elbows and wrists underneath and extend your arms to press them overhead (B). Reverse to return.

02 \ BENT-OVER ROW 10 REPS

Lean your upper body forward to around 45 degrees, keeping a slight bend in your knees and your back straight. Begin with the dumbbells hanging underneath you (A), then row the weights aggressively toward the base of your chest, keeping your elbows tight to your body and squeezing your shoulder blades (B). Lower under control.



03 \ FRONT SQUAT 10 REPS

Begin standing tall with the dumbbells hanging at your sides, then clean the weights up over your shoulders and hold them with your arms bent at right angles (A). Now lower yourself into a sitting position until your hips are at knee height, keeping your eyes forward and your back straight (B). Drive up through your legs to return to the start.



04 \ RENEGADE ROW 10 REPS EACH ARM

Start in a press-up position, holding a dumbbell in each hand (A). Row one dumbbell up to your side by drawing your shoulder blade back (B), then lower and repeat on the other side. Imagine driving the supporting arm into the ground to keep your core braced and maximise muscle engagement.



05 \ WEIGHTED SIT-UP 10 REPS

OK, you can put one weight down – but just one. Sit with your knees bent and your feet flat on the floor, holding a dumbbell tight against your chest (A). Slowly lower your torso to the floor, keeping your core braced; pause when your back is just above the ground (B) and rise up to the start.

#BeYourBest



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NO.9

DROP DOWN A FEW GEARS

Low-intensity cardio is more effective at shifting fat than you'd think, and can be added to even the most demanding of programmes without any risk of suffering the dreaded DOMS. Pair low-intensity work with stretches and you'll feel sharper and more agile at the next day's session. Get the walk done, then spend a full five minutes on the stretches


LOCATION
OUTDOORS

TIME
30 MINUTES


01 \ 25-MINUTE POWER WALK

Trust us, this is no walk in the park. Bend your elbows to 90 degrees (A) and keep them like that for the whole session – you'll generate power by driving your arms up and back (B). Clench your glutes, brace your core and take small, quick steps. Aim for a pace of 140 steps a minute (4mph or so) and you'll burn 100 calories every 15 minutes.

3 X HIP FLEXOR STRETCH
EACH SIDE

5 MINUTES


3 X HAMSTRING STRETCH
EACH SIDE

1 X PIGEON STRETCH
EACH SIDE

1 X QUAD STRETCH
EACH SIDE


NO.10

WELCOME TO THE 50 CLUB

This is the method David Kingsbury used to build Hugh Jackman's ripped Wolverine physique and claw away any shred of excess fat. The rules are simple yet brutal: for each move pick a weight that you can manage for 12 reps maximum; then perform 50 reps, pausing when you need to. Once 50 are complete, take 30 seconds rest, then go to your next move. Doubt not: this is hardcore


LOCATION
GYM
TIME

45 MINUTES

02 \ WEIGHTED PRESS-UP 50 REPS

This is one case where a weightier plate equals more fat lost. Start out in a press-up position with palms flat, arms below your shoulders, and body forming a straight line. Have a workout partner place a weight plate on your back at shoulder-blade level (A). With your core braced, bend at the elbows to lower to the ground (B). Pause; push up explosively.



01 \ FRONT SQUAT 50 REPS

From standing, pull the barbell up toward your chin and flip your elbows underneath so it rests across your chest, palms facing upward (A). Now sink into a squat by pushing your hips back until your knees are bent at 90 degrees (B). Keeping your back straight, drive up through your legs to stand.



03 \ BODYWEIGHT ROW 50 REPS

Hang under a bar with your legs stretched in front of you, your body forming a straight line and your back just a few centimetres from the floor (A). Row your chest toward the bar by contracting your shoulder blades (B), then lower your body under control. Perform this move at high intensity to maximise the metabolic impact.



04 \ UPRIGHT ROW TO SHOULDER PRESS 50 REPS

Stand with a bar resting across your thighs, using a shoulder-width, overhand grip (A). Row the bar by squeezing your traps and raising your elbows out. When it hits shoulder height, flick your wrists and tuck your elbows under the bar so your palms face up. Extend your arms to press overhead (B).

05 \ BARBELL CURL 50 REPS

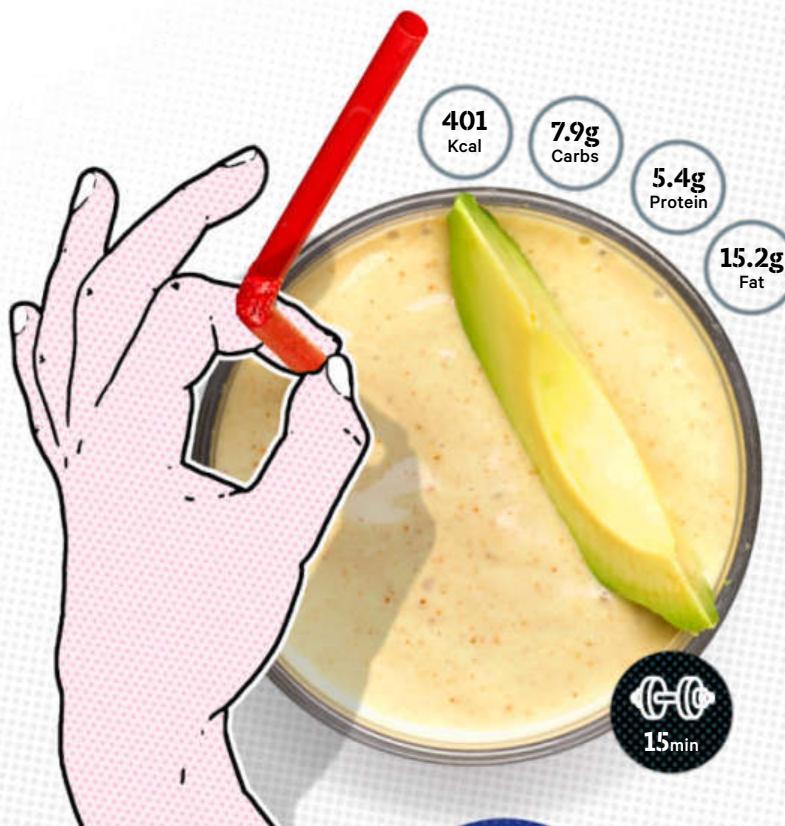
Finally, grab a barbell with your palms facing forward and elbows tucked to your sides (A). Brace your core as you curl the bar toward your shoulders, hold (B), then lower. Squeeze your triceps when your arms are locked out to ensure a full range of motion. Consider that your initiation.

FIGHT FAT WITH FUEL

You can sweat all you like, but if you're eating the wrong foods, your lean dreams will stay just that. Leave nothing to chance by prepping the optimum meal for every session

SERVES ONE

Avocado, ¼
Small banana
Unsweetened almond or coconut milk, 4tbsp
Maca, 1tsp
Cinnamon, ½tsp
Almond nut butter, 1tbsp
Coconut oil, 1tbsp



Maca and cinnamon smoothie

Whip up this nutrient-loaded smoothie after your 15min session to keep your metabolism higher for longer

METHOD

Throw everything into a high speed blender and whizz together on maximum speed until you have a smooth-textured drink. Pour into a glass and serve immediately, garnished with a slice of avocado.

AVOCADO

The monounsaturated fat in avocado supports communication between your cells, relaying the message that your fat storage hormones can go off duty

MUSHROOM

Portobellos are a great alternative to refined bread. They contain the antioxidant ergothioneine which reduces insulin and glucose levels



400
Kcal

19.1g
Carbs

21.5g
Protein

12.7g
Fat

30 min

Poached eggs on portobello 'muffins'

This indulgent yet nutritious dish will support recovery and mental function after a draining half-hour

METHOD

1/ Blend the dressing ingredients and put in the fridge. De-stalk the mushrooms and put them on foil drizzled with half the melted butter. Pop under a medium hot grill for 15min.

2/ Slice the red onion into thin rounds and tear the

kale leaves off the stalks. Cook the onions in a hot pan with the butter for 5min, adding the kale for the final 60sec.

3/ Add a few drops of the vinegar to a pan of simmering water. Stir, then crack the eggs into

a cup and add to the water one by one. Time for 3min.

4/ Lay the mushrooms on a plate and add the kale and onion. Remove the eggs with a strainer and put on the mushrooms. Add a pinch of salt and a dollop of the dressing.

SERVES ONE

Portobello mushrooms, 2

Butter or ghee, 1tbsp

Red onion, ½

Kale, 2 generous handfuls

Free-range eggs, 2

White wine vinegar, slug

Sea salt

Fornacho dressing:

Smoked paprika, 2tsp

Garlic powder, 1tsp

Onion powder, 2tsp

Ground cumin, 2tsp

Almond nut butter, 5tbsp

Yeast flakes, 5tbsp

Juice of 1 lemon

Sea salt, ½tsp

Water, 125ml

Teriyaki-style salmon with chilli broccoli

Salmon isn't just a great source of protein, it'll help support healthy thyroid function to keep your metabolism firing

METHOD

- 1/ Combine the marinade ingredients and coat the salmon. Put in the fridge for 10-60min. Mix the sesame oil and seeds in a bowl.
- 2/ Grill the salmon under a medium heat for 10min or so. Cut the broccoli into florets and blanch in hot

water. Put the butter in a hot pan and add the florets, chilli and garlic. Cook briefly, ensuring the broccoli stays crunchy.

- 3/ Plate the salmon up with the broccoli mix. Add the sesame oil and a little sea salt and serve.

SERVES ONE

Salmon fillet

Sesame oil,
½tbsp

Sesame seeds, 1tbsp

Medium head of broccoli, ½

Organic butter, ½tbsp

Sliced chilli

Sliced garlic

Sea salt

For marinade:

Coconut oil,
3tbsp

Coconut vinegar,
2tbsp

45 min

BROCCOLI

You'll get a helpful dose of calcium from the broccoli and sesame seeds, vital for a healthy heart as well as maintaining bones and muscle mass



300
Kcal

6.1g
Fat

27g
Protein

8g
Carbs

BEETROOT

The magnesium and potassium in beetroot will help you recover from exercise, while its natural sugar levels will replenish glycogen lost during intense training

**Mackerel and beetroot salad**

Ignore the calorie-phobes – the healthy fats in mackerel, nuts and olive oil are vital for weight control and will increase satiety

METHOD

- 1/ Steam the beetroot for 45-60min, then slice it up when soft. Alternatively, buy organic pre-cooked.
- 2/ Skin the mackerel and chop into chunks. Place in a large bowl with the rocket leaves, chives and beetroot slices. In another bowl,

combine the oil, lemon juice, mustard and salt, then toss with the rest of the salad ingredients.

3/ Transfer everything to a serving bowl and serve sprinkled with the walnuts. Your next cardio session is sure to go swimmingly.

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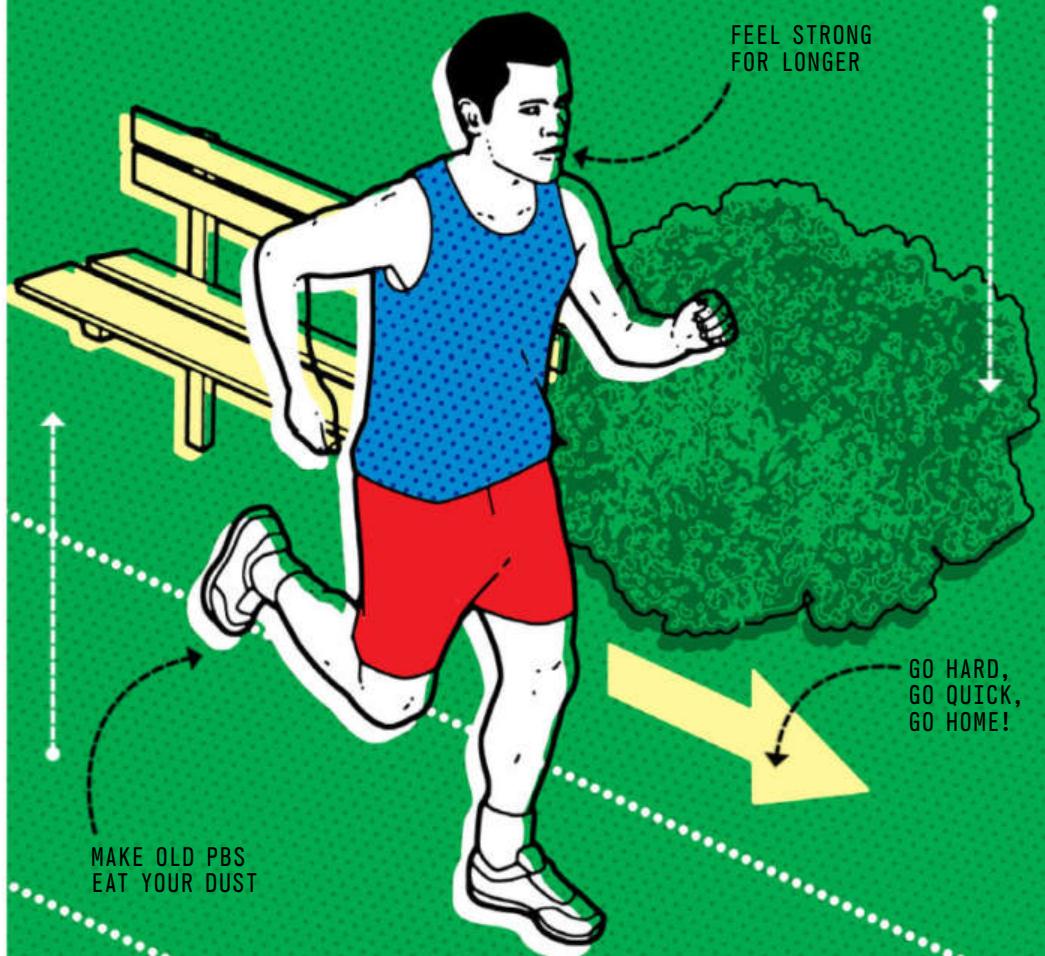
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EXPRESS FITNESS



If the thought of pounding the pavement has you reaching for the duvet, don't sweat it. Take the fast track to superior stamina and cardio fitness, without putting in the miles

NO.11

HEART RATE MOTIVATOR

Forget jogging, your new fitness regime begins with a rope. This weightless workout will get your blood pumping and improve your balance. Rest 10 seconds between each set

LOCATION
ANYWHERE

TIME

15 MINUTES

SKIPPING ROPE INTERVAL #1

10 JUMPS WITH FEET TOGETHER

10 JUMPS WITH LEFT FOOT THEN 10 JUMPS WITH RIGHT FOOT

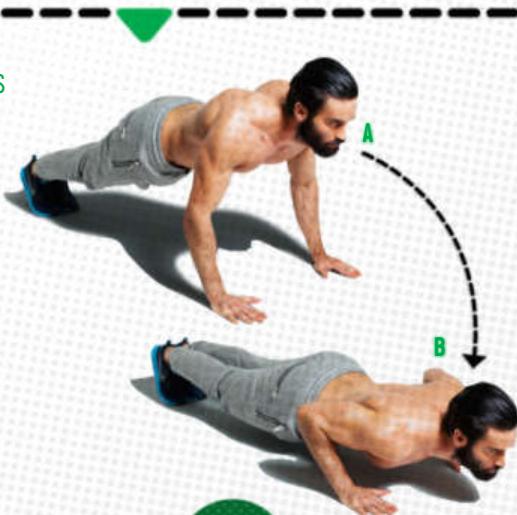
5 JUMPS WITH LEFT FOOT THEN 5 JUMPS WITH RIGHT FOOT

2 JUMPS WITH LEFT FOOT THEN 2 JUMPS WITH RIGHT FOOT X10



01 \ PRESS-UP 2 SETS OF 5 REPS

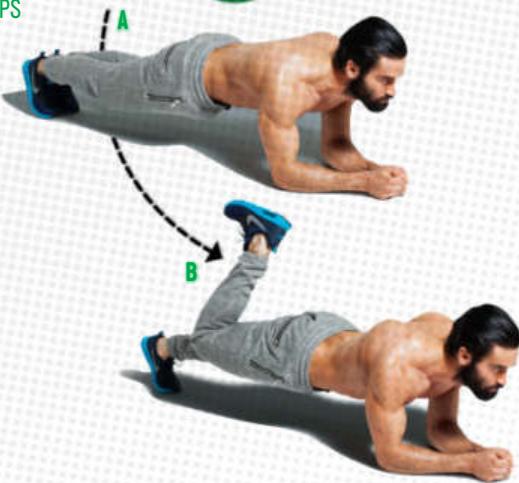
Assume the press-up position: palms flat, arms under shoulders and body in a straight line from head to heels (A). Lower your chest to the floor by bending at the elbows (B), then engage your hands and fingers to push back up. Perform the first two reps slowly, then the next three as fast as you can. Now move straight on to the first set of kicking planks.



SUPERSET

02 \ KICKING PLANK 2 SETS OF 10 REPS

Adopt a bent-arm plank position, resting on your forearms with elbows under your shoulders and body forming a straight line (A). Keeping your body rigid, lift your right leg off the floor with a slight bend at the knee (B), then quickly put it down. Alternate legs until you've done 10 reps on each. Catch your breath – now back to those press-ups.



SKIPPING ROPE INTERVAL #2

10 JUMPS WITH FEET TOGETHER

10 JUMPS WITH LEFT FOOT THEN 10 JUMPS WITH RIGHT FOOT

5 JUMPS WITH LEFT FOOT THEN 5 JUMPS WITH RIGHT FOOT

2 JUMPS WITH LEFT FOOT THEN 2 JUMPS WITH RIGHT FOOT X10



03 \ FORWARD LUNGE 10 REPS EACH SIDE

From standing, move one foot forward and drop into a lunge by pivoting at the hips, so your rear knee brushes the floor (A). Drive back up through the front foot to fully straighten your leg and return to the starting position (B).

04 \ CALF RAISE 12 REPS

Begin standing tall with your core braced and chest puffed out (A). Raise up onto the balls of your feet by squeezing your calf muscles (B), pause for a second, and then slowly lower to the floor. Perform 2 reps in super-slow motion, keeping your hips and knees aligned, before doing 10 quick reps with good form.



SKIPPING ROPE INTERVAL #3

30 JUMPS WITH FEET TOGETHER

10 JUMPS WITH LEFT FOOT THEN 10 JUMPS WITH RIGHT FOOT

5 JUMPS WITH LEFT FOOT THEN 5 JUMPS WITH RIGHT FOOT

2 JUMPS WITH LEFT FOOT THEN 2 JUMPS WITH RIGHT FOOT X10

SKIPPING ROPE INTERVAL #4

50 JUMPS WITH FEET TOGETHER

10 JUMPS WITH LEFT FOOT THEN 10 JUMPS WITH RIGHT FOOT

5 JUMPS WITH LEFT FOOT THEN 5 JUMPS WITH RIGHT FOOT

2 JUMPS WITH LEFT FOOT THEN 2 JUMPS WITH RIGHT FOOT X10

NO.12

YOUR ELITE INTERVALS PROGRAMME

This is a staple for many endurance athletes in the US, building from low to high intensity then bringing the tempo back down. The strength moves packed in along the way will further crank up the boost to your stamina. Do the circuit twice; rest for 30 seconds after the first round

 LOCATION
GYM

 TIME
15 MINUTES

10 REPS TAPPING
SHOULDER WITH
OPPOSITE HAND

10 REPS TAPPING
HIP WITH
OPPOSITE HAND

10 REPS TAPPING
KNEE WITH
OPPOSITE HAND

02 \ TAPPING PLANK 60 REPS TOTAL (ABOVE)

Set up in a bent-arm plank position. As you work through the series, notice how much your hips and shoulders shift as each hand lifts. Keep your core tight to minimise that shift. Swap sides and repeat.



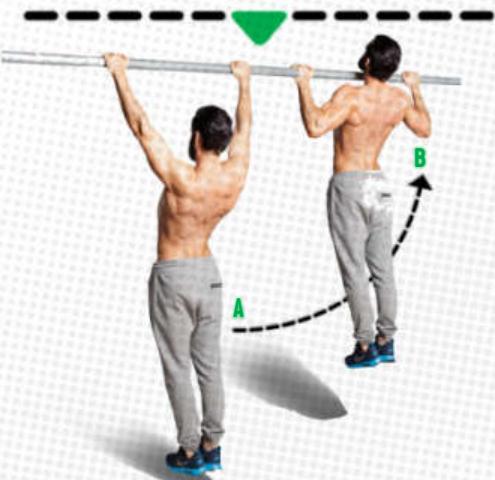
01 \ TREADMILL WARM-UP 3 MINUTES

Hop on the treadmill and jog for three minutes at a gentle pace – just enough to get your heart pumping without leaving you out of breath. Now get off the treadmill, leaving it running (be careful, mind), and get down on all fours beside it.



03 \ RUN AT 60% RPE 2 MINUTES

Jump back on the treadmill and increase the speed from the warm-up pace, but not so much that you wouldn't be able to keep up a conversation. Hop off the treadmill and head over to the pull-up bar.



04 \ PULL-UP 5 REPS

Stand under the bar and hold it with palms facing forward (A). Arch your lower back and push your chest out, pulling up until your chest touches the bar by contracting your lats and biceps (B). Enjoy a 10-second breather when you finish your reps.



05 \ CHIN-UP TO KNEE RAISE 5 REPS

Hold the bar with palms facing you and hands shoulder-width apart (A). Pull up until your chin is level with the bar. Hold still, biceps contracted, then raise your knees up to your chest (B). Finish your 5 reps, then hop back on the treadmill.



06 \ RUN AT 80% RPE 1 MINUTE

Crank up the speed a bit. You're not going flat out – you should be able to hold this speed for the full minute – but stringing a sentence together should be hard. Get off the treadmill and grab a gym mat.



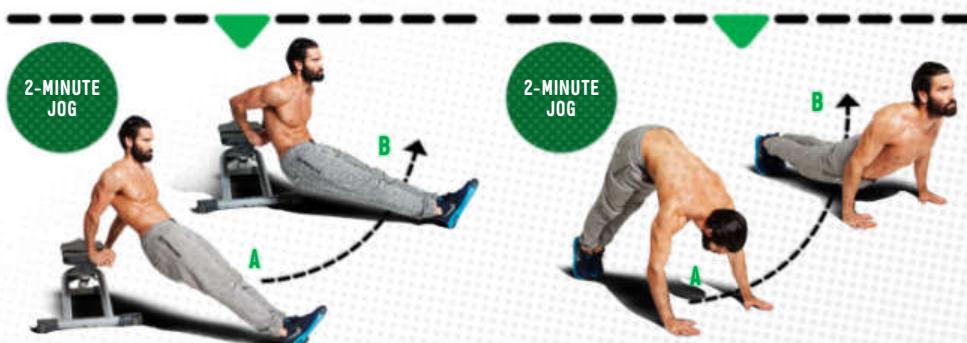
07 \ V-SIT 15 REPS

From seated (A), raise your legs to 45 degrees and lean your upper body back at the same angle, contracting your abs (B). Stretch your arms out, pause, then return. Ready for the next circuit?

NO.13

THE LAP OF THE GODS

Find a bench and mark out a point that's a two-minute run away from it. Alternate laps with the moves below and keep on pushing until your half hour's up. Get ready to sweat



01 \ TRICEP DIP 20 REPS

Leg it over to a bench and set up with your hands behind you (A). Bend at the elbows to lower (B), then squeeze your triceps to push up. Raise alternate legs to give your abs a workout, too.

02 \ HINDU PRESS-UP 10 REPS

With your second jog done, set up on all fours with your glutes in the air (A). Bring your head down and forward to move your chest and hips across the floor, ending in a 'cobra' position (B). Reverse.



03 \ SINGLE-LEG BOX JUMP 10 REPS ON EACH LEG

Back to the bench (A). Step your left foot onto it, drive through your left knee and leap up as high as possible (B). Land with your left foot on the bench, right foot on the floor. Change legs after 10 reps.



04 \ GLUTE EXTENSION WITH CALF RAISE 10 REPS EACH LEG

Lift your right leg (A) and extend it behind you. Lean forward for balance until you need to arch your back, then lift onto the ball of your left foot. Do 10 and swap sides. Now you've got it, jog on.

NO.14

SPLASH AND BURN

For today's session, you'll need a 25m pool, space to do a plank, and trunks (ideally). Front crawl works more muscle groups than other strokes. Rest a minute between intervals


LOCATION
POOL


TIME
30 MINUTES

GENTLE PACE SWIMMING

BEGIN IN WHAT FEELS A SLOWER THAN NORMAL PACE AND BUILD STEADILY. FOCUS ON MAKING EACH MOVEMENT AS SMOOTH AS POSSIBLE


80% EFFORT SWIMMING

CONCENTRATE ON INCREASING YOUR PACE WITHOUT MAKING MORE OF A SPLASH. INSTEAD, THINK ABOUT THE MOST EFFICIENT WAY TO INCREASE YOUR SPEED AND POWER THROUGH THE WATER


01 \ TAPPING PLANK

In a bent-arm plank, arms below shoulders and back straight, do the reps stated, right. Keep your core braced. Then get in the pool.

SWIM 3 LENGTHS
AT A GENTLE PACE
THEN SWIM 1 LENGTH
AT 80% RPE



10 REPS TAPPING SHOULDER WITH OPPOSITE HAND



10 REPS TAPPING YOUR HIP WITH OPPOSITE HAND


02 \ PLANK WITH FLUTTER KICK 1 MINUTE

Climb out of the pool and get back in plank position (A). Lift your right leg with a slight bend (B), then put it down. Keep alternating at a brisk pace.

SWIM 3 LENGTHS AT A GENTLE PACE


03 \ PLANK WITH ARM LIFT 1 MINUTE

In a plank (A), raise your left arm and pause (B). Return; raise your right arm. Finish your lengths and towel down.

SWIM 2 LENGTHS AT A GENTLE PACE,
THEN SWIM 2 LENGTHS AT 80% EFFORT

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NO.15

CLEAR THE BRICK WALL

Brick sessions – where one discipline follows another – strike fear into the hearts of triathletes. Keep a steady pace as you switch muscle groups to avoid burnout

 LOCATION
GYM

 TIME
45 MINUTES

01 \ BIKE 3 MINUTES

Begin at an easy pace. It's tempting to set off at full pelt, but we'd advise against it. Take note of your speed, distance, and how easy the first section feels.



02 \ TREADMILL 2 MINUTES

Jump on the treadmill and adopt the same easy pace for two minutes, taking careful note of your level of perceived exertion.

01 \ BIKE 3 MINUTES

Get back on the bike but now increase the settings by 5-15%, depending on how easy you found phase one. You're aiming for 60% effort and keep those settings the same for the duration of the session. Err on the side of caution.



02 \ TREADMILL 2 MINUTES

Move straight back to the treadmill and up your settings depending on how you felt during the 'easy' phase – as on the bike, 60% is your target. When your time's up return to the bike, keeping exactly the same settings as you were using before.

REPEAT PHASE 2
ANOTHER 5 TIMES,
KEEPING THE
SAME SETTINGS
THROUGHOUT

COOL DOWN
FOR THE LAST
CYCLE AND RUN
INTERVALS,
RETURN TO
PHASE 1'S 'EASY'
SETTINGS TO
BRING YOUR
HEART RATE BACK
FROM ITS PEAK

CV DINNERS

Building fitness doesn't mean cutting back. Match your meal to your workout to support muscle repair after a tough session and be ready for a re-run tomorrow

BULGOGI
High in both sodium and potassium, this marinade will keep your electrolyte balance in check and replace the minerals you lose through sweat

SERVES ONE

Chicken breast
Sesame oil, $\frac{1}{2}$ tbsp
Purple broccoli, $\frac{1}{2}$ head
Glass vermicelli, 150g

For marinade:

Soy sauce, 200ml
Honey, 100ml
Lea & Perrins, 50ml
White vinegar, 2tbsp
Fresh ginger, 1tsp, grated
Fresh garlic, 1tsp, minced
Onion powder, $\frac{1}{2}$ tsp



Bulgogi chicken with noodles and purple broccoli

Even a 15min workout can deplete glycogen. This lean lunch will replenish the lot while staving off DOMS

METHOD

- 1/ Mix the marinade ingredients in a bowl. Coat the chicken, put in a ziplock bag and leave in the fridge overnight.
- 2/ Take the chicken out of the bag. Grill on medium heat for 12-15min or until cooked, turning once.

Quickly fry the broccoli in a hot pan with the sesame oil. 3/ Cook noodles in boiling water until transparent (5-7min). Drain and put in a serving bowl with the broccoli on top. Add the chicken. Drizzle with a little soy sauce and serve.

Tuna steak with cucumber relish and potato

Mix complex carbs with healthy fats to buffer exercise's cell-damaging effects and receive a steady release of energy

METHOD

- 1/ Bake the potato at 200°C for 45-60min, or until it's soft enough for you to be able to insert a skewer with no resistance. Place in a tea towel to cool.
- 2/ Fry the tuna steak in a hot pan with a little oil

(around 4min a side).

While you're waiting, toss the relish ingredients together in a large bowl.
3/ Plate up the tuna and top it with the relish.
 Slice the jacket potato and put it on the plate with the tuna. Add the butter, then wait for it to melt.

SERVES ONE

A large jacket potato
 A tuna steak
 Vegetable oil
 Grass fed butter, 1/2tbsp

For relish:

Cucumber, 1/4, seeded and cubed
 Spring onions, 2, finely chopped
 A tomato
 Chopped chilli, 1/2
 Olive oil, 1tbsp
 Parsley, 2tbsp
 Lemon juice, 1tbsp



30min



750
Kcal

60g
Carbs

60g
Protein

32g
Fat

TUNA

This deep-sea fish contains high levels of vitamin B12, which helps to keep you feeling energised and promotes a healthy nervous system

SERVES TWO

Ripe banana

Oatmeal, 80g

Brown sugar, 15g

Baking powder, 1tsp

Cinnamon, 1tsp

Pinch of salt

Brazil nuts, 5, crushed

Dark chocolate chips, 30g

Milk, 250-300ml as desired

An egg

Butter, 1tbsp

For frozen yoghurt:

Greek yoghurt, 250g

Maple syrup, 3tbsp

Vanilla extract, 2tsp

45min

465
Kcal57g
Carbs15g
Fat26g
Protein**OATMEAL**

Ground oats deliver a whopping dose of magnesium, which helps with the repair of muscle cells and plays a part in maintaining bone density

Chocolate and brazil nut baked oatmeal with frozen yoghurt

This tray bake keeps up with the caloric demands of your most rigorous cardio training sessions

METHOD

- 1/ Mash the banana, then combine it with the rest of the tray bake ingredients in a lined, oven-proof dish. Mix together well and then bake in a pre-heated oven for 30-40min at 180°C.
- 2/ If you have an ice cream maker, just add the

yoghurt ingredients and click go. If you don't, simply combine and then freeze in a Tupperware box for two hours, stirring halfway through. Or just mix it all together and serve with the oatmeal bake once it's done.

The Posh BLT sandwich

Go homemade when it comes to your favourite sandwich. A side of veg adds micronutrients to support your immunity during tough training

METHOD

1/ Place a frying pan over a low heat and lay on the bacon rashers, turning until they're nice and crispy. Carefully pour away the excess grease, then put the bacon on a dish and leave to drain. Try not to guzzle immediately.

2/ Spread a thin layer of pesto onto the bread and then layer on the bacon, cheese and tomatoes.

3/ Place under a medium grill until the cheese has melted and the bread is lightly toasted. Add the rocket and serve.

SERVES ONE

Bacon, 3 rashers

Pesto, 1tsp

Seeded wholemeal bun

Low fat mozzarella, 40g

Sundried tomatoes, 5

Rocket leaves, handful

550
Kcal

46g
Carbs

17g
Fat

52g
Protein



Anytime

TOMATOES
An antioxidant powerhouse, tomatoes are also your top source of the phytochemical lycopene, which is particularly important for prostate health

THE KETTLEBELL SNATCH TEST

ONLY 5 MINS TO SPARE?

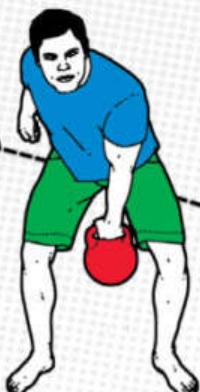
Then you still have time to sculpt full-body muscle, burn fat and build stamina. It's just going to hurt a bit. This move is the fitness crucible that sets the elite apart. How many can you manage?

**01 **

Swapping hands is allowed; dropping the weight is not. Bend your knees to grab the kettlebell and push your glutes back into a sitting position.

**2 ****02 **

With your eyes looking straight ahead, swing the weight between your legs as far back as you are able without looking down. Keep your core braced.

**3 ****#GetTo100**

If you think you have what it takes to challenge the big guns, show us what you've got with this hashtag

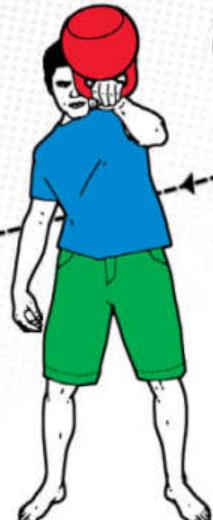
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Men's Health UK
MensHealthUK

**04 **

At shoulder height, rotate your hand to punch up, finishing with your arm locked out. Drop straight into the next rep. Just 99 reps to go now...

**4 ****03 **

Reverse the movement, driving through your hips and knees to swing the kettlebell up. The faster you're able to move it, the lighter the kettlebell will seem.



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